

Cleaning your Inman Aligner

Your Inman Aligner was custom hand made especially for you. It is a very complex and innovative appliance that uses two or four piston like components (depending on design) to generate corrective orthodontic forces.

It is very important to keep the appliance clean so these pistons will function correctly. The best way to clean the appliance is to use an ultrasonic cleaner and a gentle cleaning solution such as Retainer Brite®.

You may also use a retainer or denture cleaner found at your local store (follow product instructions) and a soft tooth brush.

Important Tips:

- 1 Store your Inman Aligner in the provided case when it is not in your mouth.
- 2 Clean the Aligner daily using a safe cleaner and method.
- 3 Wear the Aligner every day as per your doctor's instructions.
- 4 Always use your fingers to place the appliance in your mouth, never use your teeth to "bite" the appliance into place. Using your teeth will lead to distortion or breakage of your Inman Aligner.



iNMAN
aligner™ *Family of Appliances.*

Instructions and Care

www.inmanaligner.com



Congratulations on your decision to improve your smile. You are on your way to a wonderful result.

Please follow the suggestions in this guide to ensure successful treatment and to properly care for your Inman Aligner Orthodontic Appliance.

Wearing your Inman Aligner

We suggest you try to wear the Inman Aligner all the time except while eating and brushing your teeth. It will take about one to two weeks for you to completely acclimate to the appliance. You may experience some difficulties with speech and/or might salivate more during this period of acclimation. The longer you wear the appliance per day, the shorter your treatment time.

If wearing the Inman Aligner at work is not an option, then try wearing it from the time you get home and through the night. You always have the option not to wear the appliance to important business or social occasions; this is why the Inman Aligner was designed to be removable and not fixed like traditional braces.

Your doctor's instructions supersede these suggestions.

Avoid the Following:

- 1** Never expose your Aligner to heat; heat will distort the appliance and it will not fit correctly.
- 2** Never boil it to clean or sterilize the Inman Aligner.
- 3** Never leave the appliance in your car in the summer time.
- 4** Never wrap it in a napkin when you take the Aligner out to eat. You risk losing it or throwing it away, not realizing that you left the Aligner in the napkin.

The Aligner was designed so that the lingual assembly may be removed by the clinician and the coil spring changed to modify the orthodontic forces. This should only be done by your doctor.

If the lingual assembly ever separates from the main body please see your doctor to have it reinserted. Do not try to do it yourself.

