

FixIn

A L I G N E R S

PATIENT INSTRUCTIONS

Congratulations on receiving your FixIn Aligners. For successful treatment, please follow the instructions below.

1. Rinse your aligners before inserting for the first time
2. Wear your aligners a minimum of 22 hours a day, 7 days a week. Take them out only to eat or drink hot liquids. Whilst your aligners are out, please store them in the case provided. To help seat your aligners, bite on the Chewies (provided) 2 hours a day for 2-3 days at the beginning of each new aligner
3. To clean your aligners, soak in cold water with the cleansing tablets provided. Never use hot water as it will distort your aligners. Do not scrub with toothpaste as it can be too abrasive.
4. Change your aligners after 2 weeks or as prescribed by your dentist
5. Keep your aligners out of direct sunlight
6. Keep your aligners away from any pets. Dogs especially, love to chew them as they are attracted to the smell
7. At the completion of your aligner treatment, your teeth will need some form of retention
8. If you have any questions regarding your treatment or aligners, please contact your dentist immediately