

## Inman Aligner

### Instructions for Use

- Remove appliance when eating
- Rinse mouth after eating before replacing appliance in situ
- Wash appliance in tepid water (with a toothbrush to remove any debris)
- Expect a few days of discomfort
- It may be slightly difficult to speak for the initial few days
- You may salivate excessively at first, but you will get used to it
- Read out loud for an hour for a few days to help with pronunciation
- Ease any soreness with wax applied to the appliance. Sometimes you may experience discomfort or irritation on the insides of your cheeks. Apply a pea sized amount of wax straight onto the source of irritation (eg; the ends of the aligner)
- Teeth may feel slightly loose after a few weeks, this is NORMAL
- Appliance must be worn for at least 20 hours a day to be effective

### Inman with Expansion Screw

Instructions as above

There is an expansion key provided in the yellow box with your Inman Aligner

You will have been shown where to insert this key on the appliance

Turn this key once a week in the direction of the arrow on the appliance

This should happen on a set day as directed by the dentist