



orthocaps<sup>®</sup>

**#Cleaning instructions**

Rx Only

**#Congratulations**



You chose orthocaps aligners for invisible, comfortable tooth correction. To achieve best possible results, please read this manual carefully.

**Thanks for your trust and hope you'll be delighted with your new smile.**





DAYcaps



NIGHTcaps



# #First things first

The treatment is divided into phases, each lasting three weeks. We will be sending you two different aligners for each treatment phase. During the day, you will wear the thinner DAYcaps and at night, the NIGHTcaps aligner. For effective results, we recommend you wear your orthocaps aligners **at least 22 hours per day** and take them out only for tooth brushing and eating.

Please wear your orthocaps aligner **in the prescribed order**. Each aligner is stamped as follows: D stands for DAYcaps and N for NIGHTcaps + a number which indicates the treatment step. Your orthocaps practitioner will provide you with detailed instructions before you start your treatment.

# #Tips

**#HOW YOU INSERT THE ALIGNERS:** Position the aligner in the mouth then press lightly starting with the front teeth then move your finger tips along the sides until the aligner fits.



**#HOW TO REMOVE THE ALIGNERS:** Remove by pulling using your thumb and index finger at back molar level. Then gently move the aligner back and forth with equal force to remove it.



# #Cleaning instructions

**#HOW TO CLEAN THE ALIGNERS:** We recommend you clean your aligners thoroughly every day. Simply clean the inside and outside with a **soft tooth brush** and **fragrance-free soap** and then rinse with cold water. Another option is to use our Orthocaps cleaning tablets.



**# THOROUGH ORAL HYGIENE:** During your treatment, remember that oral hygiene is essential. **Brush your teeth and gums thoroughly after each meal** before putting back your aligners.



# #Tips

## #FOLLOW YOUR PRACTITIONER'S RECOMMENDATIONS:

Before you start your treatment, you will be shown how to use your aligners correctly. For best results, **comply with these instructions. Remember to come to all scheduled appointments** for effective treatment monitoring.



**#HOW TO STORE THE ALIGNERS:** You will be given a special case Orthocaps case in which you can keep your aligners while eating or brushing your teeth. In case of questions, do not hesitate to contact your practitioner.





# #Additional questions?

**#What do I do if the aligners do not fit properly?** If your aligners do not fit properly, fix an appointment with your orthocaps practitioner.

**#Every time I switch to new aligners, I feel more pressure and saliva, is that normal?** Yes, this is completely normal since you have to get used to the new aligners.

**#Can I rinse my aligners with hot water?** We recommend you use cold water for cleaning as heat may modify the shape the aligners.

**#Will the treatment affect my speech?** No! You can speak normally with the orthocaps aligners.

**#Do I have to give up certain foods or drinks?** Because the aligners are removable, you can eat or drink anything you want. However, avoid hot drinks or drinks that stain while wearing your aligners.

**#Can I wear the DAYcaps at night? Or, can I wear the NIGHTcaps during the day?** Please do not do this! To achieve your treatment goals, you must wear the aligners in the prescribed order and respect the daily wear-times as well as the treatment phases.

**#Can I smoke with my aligners?** Nicotine can cause stains on your aligners. We recommend that you avoid smoking while wearing the aligners.

**#What happens if an aligner is lost or damaged?** Contact your orthocaps practitioner who will tell you what to do.

**For any further question, please feel free to contact us anytime. [www.orthocaps.com](http://www.orthocaps.com)**

For Prescription Use Only

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