

w | nivellipso®
smiles made in switzerland



**Instructions
for use and care**

Congratulations

on your decision to choose the nivellipso treatment method

You have decided in favour of the aesthetic and comfortable orthodontic solution for straightening teeth with nivellipso aligners.

To achieve the best possible results, please read these instructions carefully.





You are beautiful

The easy way to an attractive smile

Straightening teeth does not have to be complicated! Treatment with nivellipso is remarkably simple. If you wear your nivellipso aligners regularly, you will actually see and be impressed by the initial successes in just a few weeks. We recommend a minimum wearing time of 17 to 22 hours a day. The aligners should only be removed for eating, drinking, brushing and flossing. Also make sure you follow the instructions of your nivellipso practitioner.

Since treatment with nivellipso is designed to be carried out in specific individual stages, it is also important that the aligners are to be worn in the specified sequence. Begin your treatment with the pack for stage 1 and make sure you follow

the correct sequence for every individual stage. In each case, begin by wearing the aligners with material thickness **S** (soft), then proceed to **R** (regular) and finally to **I** (intense). Unless otherwise specified, each nivellipso aligner should be worn for a period of one week (7 days).

Instructions for use: Make sure to keep your check-up appointments with your nivellipso practitioner. This way, your practitioner can ensure that your treatment is proceeding as planned. If you do not wear your nivellipso aligners for the prescribed number of hours per day or do not follow the instructions of your practitioner, then this may delay or even be detrimental to the treatment outcome.

Instructions for storage: nivellipso aligners should always be kept in the aligner box and in a cool and dry place. Make sure that aligners are kept out of reach of children and pets.

Keep it simple

Treatment with nivellipso is so simple

How to wear your nivellipso aligners: Begin with the front teeth and gradually proceed to the premolars and molars. Apply equal pressure when pressing in the aligners. Do not apply too much pressure as this may injure your gums. Do not bite or clench your teeth to bring the aligners into the proper position – this can damage the aligners.

How to remove your nivellipso aligners: Grip the aligners along the molars with your thumb and forefinger. Gradually loosen them and apply equal effort to pull them out carefully. Start with the molars and work your way forward to the incisors until you can remove the aligners easily.

Cleaning: Before each use, clean the aligners with a soft

toothbrush under clear, cold running water. We also recommend using a special cleaning product for splints once a week. After each cleaning, rinse the aligners thoroughly with plenty of water. Never use hot water, toothpastes or any other unsuitable cleaning agents!

Oral hygiene: Oral hygiene is absolutely important. Make sure you brush your teeth and clean your gums properly after every meal before wearing the aligners. Regular and thorough dental care for healthy teeth and gums is particularly important during the course of your nivellipso treatment.

Talk to your practitioner for further details on your nivellipso treatment.

Frequently asked questions

What do I do if my nivellipso aligners do not fit properly? If your aligners do not fit properly, you should immediately make an appointment with your nivellipso practitioner.

Is the treatment painful? After wearing the aligners for the first time and after every change of aligners, it is possible that your teeth can sometimes be a bit sensitive. A feeling of gentle pressure is an indication that your teeth are being moved to the desired position. You should, however, contact your practitioner if this sensation of pressure does not stop after two to three days.

Will the aligners affect my speech? As with all orthodontic treatment methods, speech may be slightly affected in the initial stages of treatment. But be assured that this generally occurs

only during the initial stage when you are getting accustomed to your aligners and in most cases lasts only for a few hours.

Do I have to abstain from certain foods and beverages?

Since you'll be removing the aligners during meal times, you can eat whatever you wish to eat. While you are wearing the aligners, however, it is advisable not to eat anything and only drink water. The consumption of sugary or acidic foods and beverages while you are wearing the aligners can cause cavities, gum diseases and can discolour and stain both your teeth and the nivellipso aligners.

Am I allowed to have chewing gum during the course of treatment? Since chewing gum sticks to the aligners, you'll unfortunately have to give up eating chewing gum so as to prevent damage to your nivellipso aligners.

May I smoke during the course of treatment?

Nicotine can lead to discolouration and staining of the nivellipso aligners. We therefore advise you to stop smoking during the duration of treatment.

What do I have to do if I lose an aligner or if it is damaged?

Please inform your nivellipso practitioner immediately. He/she will then help you promptly and find the best solution.

To read the detailed usage instructions, go to:

www.nivellipso.com/downloads

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