

# ClearCorrect Checklist

## Delivering the first aligners

### 1. **Modifying aligners**

The ClearCorrect aligners are relatively stiff, and can be a little difficult to put in place in the patient's mouth. If it's completely impossible to get the aligner into place, consider modifying the aligner that's giving you problems.

If the aligner covers the entire distal surface of the most posterior molar, you can safely trim the aligner by cutting some of the aligner material away. However, at least 50% of the tooth should still be covered by the aligner.

### 2. **Direction of insertion**

If there is severe crowding, it can be difficult to insert the aligners, especially if there is a large difference in the insertion directions.

A. Make sure that the aligners are chewed well into place. Instruct the patient to chew on something "hard" (Toothbrush handle, chewy or the like). This will ensure that the aligner is fully seated on all teeth.

B. Inform the patient of the importance of chewing the aligners completely into place EVERY time they are being placed on the teeth.

Instruct in the use of chewies, the end of a toothbrush or anything similar that allows a relatively large force to be applied. Use the chewie on several different areas of the aligner until it is completely seated. It is not that important what the patient chews on, but more that it is being done.

If in doubt - send an email with you questions to [tps@AlignerService.com](mailto:tps@AlignerService.com)

### 3. **Aproximal contact**

Always check the aproximal spaces with wax-free floss, especially where you have done IPR. If the floss goes too tight (it's difficult to make it give a little click), loosen the contact point with a polishing strip.

Just 1-2 times back and forth with the strip is usually enough. (Remember to polish with a yellow strip at the end) Train the patient to floss on a daily basis and "look" for hard contacts. Should a hard contact occur between two appointments, we recommend the patient comes to the clinic (10 min), to get the contact point released.

If in doubt, contact [tps@AlignerService.com](mailto:tps@AlignerService.com).

### 4. **Engagers**

When bonding engagers, it is important that your template is properly seated when you begin light curing the composite. You can have patients bite together on cotton rolls to get the template properly in place while you light-cure. Just be aware of the saliva.

- Should an engager fall off during treatment, you can safely use the current aligner to place a new engager. However, check the setup to see if the engager is still needed or if it has served its purpose. If the engager no longer has an active function, you can leave it as it is.
- Do not use Voco composites like Grandio as it bonds to the template.

5. Remember aligners need to be used 22 hours a day for optimum effectiveness.

6. Hand out the first two aligners, and let the patient wear each aligner for 2 weeks. The patient is given a new appointment 4 weeks later for engager bonding and IPR.



7. Instruct the patient to look for air between the aligners and the teeth. If there is air, the patient is instructed to take a photo of the situation and send it by email to the practice. Share this photo with AlignerService, and we will guide you from there. [tps@AlignerService.com](mailto:tps@AlignerService.com).
8. The patient should always keep the used aligners. In case an aligner breaks, the patient can use the previous until you have ordered and received a replacement.
9. Instruct the patient to brush their clear aligners when brushing their teeth (morning and evening). We recommend the Swissdent Color toothbrushes as they fit perfectly into the aligners. Similarly, we like the Swissdent Extreme toothpaste as it does not contain any abrasive but via fruit enzymes is better at keeping aligners clean without any discolouration.
10. **At the second appointment**  
Hand out the next two aligners, which the patient must also wear for 2 weeks each. This is how it continues.  
If no IPR is planned, 4-6 aligners can be given before the next consultation.  
If the patient feels the aligners are loose after 7-10 days and the treatment is tracking, the patient can move to the next aligner every 10 days.

**Be aware of patient compliance.** If the patient does not use the aligners as prescribed, there will be tracking issues!

