



DDR Aligners User Guide

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DDR Aligners



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Welcome to Dr. Direct

The moment you've been waiting for is here. It's time to unlock your smile's potential and boost your confidence. Your new Dr. Direct aligners are right here in this package. Read on to start your smile transformation.



Keep this guide throughout, and after, treatment. It contains important information about your aligners' use, wear, and care.

It also covers touch-up aligners, starting on page 11, in case you need an adjustment to your treatment plan along the way.

All you need for a smile you love

Your aligner box includes everything you need to get a smile you love – and some extras that'll keep you grinning.

1. Dr. Direct aligners

These are the keys to your new smile. Sets of custom-made, BPA free aligners that will comfortably and safely straighten your teeth.

2. Aligner case

Slides easily into a pocket or purse and includes a built-in mirror, perfect for spot-checking your smile. Most importantly, it keeps your aligners or retainers clean, safe, and dry.

3. Chewies

Safe, easy way to seat your aligners in place.

4. Aligner removal tool

This will help you remove your aligners without any hassle. You'll find instructions on how to use it.



Let's check your fit

It's time to put in your aligners. Grab your first set from the box.

Give your aligners a quick rinse, then gently push them over your front teeth. Next, be sure to apply equal pressure by using your fingertips to fit them to your back teeth. Doing this will help secure them in place.

Nice and snug? Good.

The ideal aligner should fit snugly against your teeth, cover a bit of your gumline, and touch your back molars.

It's OK if they're tight. They're supposed to be. As your teeth move to their new positions, your aligners will loosen, and it will be time to move on to your next set.

What to do if your aligners don't fit.

First, remember they're supposed to be a bit tight in the beginning. But if they hurt or the edges rub against the side of your mouth, it's OK to make some adjustments. You can use an emery board to smooth down some of the rough edges.



Aligners still don't feel right?

Our Dental Care team is available M-F and can even video chat to help problem-solve on the spot. Call us anytime at 1-[855-604-7052](tel:855-604-7052).

Basics for using your aligners

Everything you need to know about prepping, using, and cleaning your aligners is on the following pages. Follow this routine for the best aligner hygiene.

Start wearing each set at night.

To reduce any discomfort of wearing new aligners, we suggest starting each set at night before you go to bed.

Clean up before you start.

First, rinse your aligners with cold water. Then, wash your hands, brush your teeth, and floss prior to putting your

aligners in.

Only pull out 1 set of aligners at a time.

Keep the other aligners sealed in their bags.

Use the aligner removal tool to take out your aligners.

Pulling from your back teeth, use one hook to pull your lower aligners up and off your teeth. For your upper aligners, pull down to remove. Never pull outward from the front area of your teeth, as this could damage your aligners.

Wear Schedule.

Wear each aligner for exactly 2 weeks.

Make sure to wear your aligners all day and night.

Roughly 22 hours per day, even while you sleep. Only take them out when you're eating or drinking.

Don't throw out your old aligners.

Keep all of your previously worn aligners in a safe, sanitary place (we suggest the bag they came in) just in case you misplace one and need a quick replacement. At the end of treatment, dispose of your previously used aligners according to local waste disposal regulations and recommendations.

Don't worry if you lose or crack an aligner.

Call our Customer Care team at [1-855-604-7052](tel:1-855-604-7052) to find out if you should move on to your next set or go back to your previous one, or whether we'll need to send you a replacement.

Things you might experience

What's with the lisp?

Don't worry. It's common to have a slight lisp for the first few days after starting to wear aligners. This will go away as you get more comfortable with the feeling of aligners in your mouth.

What about minor pressure?

It's perfectly normal to experience some discomfort during your treatment. Try starting each new set at night before going to bed.

Before long, your mouth will get used to having the aligners in.

What if my aligners feel loose?

First, double-check that you have the right set on. Because your teeth are shifting, it's natural for aligners to feel a bit looser the longer you wear them. This is normal and usually a good sign you'll be switching to a new set soon.

Why do my teeth or bite feel different?

As you complete your treatment plan, your teeth are gently being moved by each set of aligners you wear and might feel loose or different. This is all normal. But we're here for you, so give us a call at **+1 855 604 7052** if you're worried about how your teeth are moving

What if there's only one aligner in the bag?

This likely means you've finished treatment for one row of teeth. It's common for one row to take longer than the other. Keep wearing the final aligner for that row as prescribed. When you're in the final two weeks of your treatment, contact Dr. Direct Support to discuss getting your retainers.

What happens if my teeth don't move as planned?

Sometimes teeth can be stubborn and don't move like they're supposed to. If it's ever determined that you need a touch-up, your doctor may prescribe an aligner touch-up to help get your treatment back on track. For more information about touch-ups, go to page 11 in this guide.

Aligner do's

-  Protect your aligners from sunlight, hot cars, and other sources of excessive heat.
- When you're not wearing your aligners, store them in your case in a cool, dry place. Also, keep them safely away from pets and children.
- Get regular dental checkups and cleanings so your teeth and gums stay healthy. After all, you care enough about your smile to make it straight and bright, so make sure it's healthy, too.
- Always rinse your aligners with cold water before putting them in your mouth.
- Brush and floss your teeth before putting your aligners in.
- Save your last set of aligners in the bag they came in, just in case.
- Drink plenty of water, as you may experience dry mouth.
- Keep aligners away from hot, sweet, or colored liquids.

Aligner don'ts

-  Don't use sharp objects to remove your aligners.
That's what your aligner removal tool is for.
- Don't wrap your aligners in a napkin or paper towel. Store them in your case for safekeeping.
- Don't use hot water to clean your aligners, and don't put them in the dishwasher. High temperatures will turn them into tiny useless plastic sculptures.
- Don't use denture cleaner on your aligners or soak them in mouthwash, since this can damage and discolor them.
- Don't brush your aligners with your toothbrush, as the bristles can damage the plastic.
- Don't wear aligners while eating or drinking anything other than cool water.
- Don't bite your aligners into position. This can damage your aligners and your teeth.
- Don't smoke or chew gum while wearing your aligners.

Protect your new smile with retainers

As you near the end of treatment, your Smile Journey will shift to maintaining the new alignment of your teeth. We

do this with retainers – an easy, convenient way of preventing your teeth from moving back to their original positions.

Enjoy the benefits of your straighter smile forever.

- Wearing our retainers maintains your Smile Protection Plan.
- Specially designed based on your treatment plan.
- Lightweight, durable, and comfortable.
- Crystal clear and barely noticeable.
- You only wear them while you sleep.
- Each set lasts 6 months before needing to be replaced.

Order Retainers

You can order your retainers at the following **link:** <https://drdirectretainers.com/products/clear-retainers>

We offer a 6 month subscription option where you can save 15% on future orders, or you can place orders for individuals retainers at \$149.

Information about touch-up aligners

In-treatment touch-ups are necessary when teeth don't move as planned during treatment. Touch-up aligners are specially designed to guide teeth into their correct position to achieve your best smile.

Getting a touch-up is completely normal for some patients, but there's a chance you may never need one.

In the case you do qualify, your doctor prescribes touchup aligners and they're sent to you, free of charge (on the 1st touch up), to wear in place of your regular aligners until you're back on track.

Touch-ups are part of our Smile Protection Plan that protects your smile during and after treatment.



Important: Keep this guide for reference in the event you ever need touch-up aligners.

Instructions for starting touch-up aligners

At the beginning of a touch-up treatment, you'll go through a very similar process to the one detailed earlier in this guide. However, there are a few key differences, so refer to these steps if you ever need touch-up aligners.

1. Do not throw away any old aligners yet, especially the pair you're wearing now. (We'll tell you when it's OK to do so.)
2. Confirm the fit of your touch-up aligners. Take out the first set, rinse them off, and try them on. Are they nice and snug? Do they cover a bit of your gumline and touch your back molars?
 - If yes, check them in by visiting portal.drdirectretainers.com
 - If no, keep wearing your current aligners and call Our Dental Care team will coach you through making adjustments until your new aligners fit correctly.
3. Once your aligners are officially checked in, dispose of your previously used aligners according to local waste disposal regulations and recommendations.

4. Keep your touch-up aligners safe in your Dr. Direct box. And hold on to your used aligners as treatment progresses, just in case.

Got questions?

We've got answers

How are touch-up aligners different from regular aligners?

They aren't. Same great aligners, new movement plan.
Your custom touch-up aligners are designed specifically to address and correct the movement of specific teeth.

Is it normal for Club members to get touch-up aligners?

Touch-ups aren't necessary for every Smile Journey, but they are a completely normal part of treatment for some Club members. They're also a great benefit of our Smile Protection Plan.

Will these new aligners hurt more than my original aligners?

Just like your original aligners, you can expect touch-up aligners to feel tight at first.
The snug fit is designed to put pressure on stubborn teeth to move them into the right position. Don't worry – the tightness will ease as you wear them. Remember to start new sets before bed. This will reduce any discomfort.

Will a doctor continue to be involved in my treatment?

Yes, all touch-up aligner treatments are overseen by your state-licensed dentist or orthodontist. If you ever have questions, call us at **1-855-604-7052**.

INTENDED USE: Dr. Direct Retainer's aligners are indicated for the treatment of tooth malocclusion in patients with permanent dentition (i.e., all second molars). Dr. Direct Retainers aligners position teeth by way of continuous gentle force.

IMPORTANT ALIGNER INFORMATION: If you experience any serious adverse effects using this product, immediately seek medical assistance. This device has been custom-made for a particular individual and is intended for use only by that individual. Before using each new aligner set, visually inspect them to be sure there are no cracks or defects in the aligner material. As always, we'll be here for you the entire time. Call us at **1-855-604-7052**. This product is not to be used by patients with the following conditions: patients with mixed dentition, patients with permanent endosseous implants, patients with active periodontal disease, patients who are allergic to plastics, patients who have craniomandibular dysfunction (CMD), patients who have temporomandibular joint (TMJ), and patients who have temporomandibular disorder (TMD).

WARNINGS: In rare instances, some people may be allergic to the plastic aligner material or any other item material included

- If this happens to you, discontinue use and consult a healthcare professional immediately
- Orthodontic appliances or parts of the appliances may be accidentally swallowed or aspirated and may be harmful
- Product may cause soft tissue irritation
- Do not wear aligners out of sequence, but only according to the prescribed treatment plan, as this might delay treatment or cause discomfort

- Sensitivity and tenderness to teeth may occur during treatment, especially when moving from one aligner step to the next.

CUSTOMER SUPPORT

support@drdirectretainers.com



Documents / Resources

	DDR Aligners [pdf] User Guide Aligners
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References

-  [Dr. Direct Clear Retainers | Dr. Direct Retainers](#)
-  [Welcome to LWC Communities!](#)
- [User Manual](#)

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