

Recommendations for wearing In-line® splints

These are recommendations gained from experiences of patients who were successfully treated with In-Line® splints.

From day 1 to day 5: Wear splint for an hour several times per day. Increase the application time from day to day.

From approx. day 5 to day 10: Use splint continuously at night, only remove it during the day if absolutely necessary.

From approx. day 10 onwards: Wear the splint continuously day and night. Please only remove the splint while eating and drinking (except water).

From approx. week 6 to week 8: Change to the next splint. (For the purpose of getting used to it, the splint can be taken out for certain hours in the first 3 days).

The time between changing splints should be 6 to 8 weeks. The success of the treatment depends exclusively on how often the patient wears it.

The retention splint should be used for at least 6 - 8 weeks after tooth positioning has been completed. The patient **MUST** then use a form of permanent retention.

Care instructions

To clean In-Line® splints please use a soft tooth brush both at morning and at night. You may use ¼ of a denture cleaning tablet or a special retainer cleaner once a week. Do not use hot water to clean your splints. Despite cleaning your splints carefully light discolouration on the inner side of the splint might appear. However, this cannot be prevented as the splint is made of soft plastic.

Smoking and drinking during application time can lead to strong discolouration. Consuming sugary or acidic drinks, whilst wearing your splints can lead to tooth decay.

We wish you great success for a sparkling smile with In-Line®!