



## **iFinisher® Patient Instructions**

### **Wear Schedule:**

**Day 1 & Day 2:** For the first two days, with the exceptions of when eating and brushing, your iFinisher® should be worn **FULL TIME!** This is due to the fact that the first few days after aligner completion and bracket removal, your teeth are the most receptive to the subtle changes from the iFinisher®.

**Day 3- Next 2-3 Weeks:** The more you wear the iFinisher®, the more quickly it will work and the sooner you may discontinue wearing it. Thus, during this time, it's suggested that the iFinisher® be worn as much as possible with a minimum of four hours of daytime wear plus sleeping hours!

- Daily Wear Time Goal: 12 hours

- The four hours of daytime wear can be completed all at once or in increments as small as 20 minutes!

### **Daytime vs. Nighttime Wear:**

Some patients experience initial difficulty in maintaining consistent nighttime wear due to difficulties in keeping the iFinisher® in the mouth throughout the entire night. After the first few nights these difficulties should decrease however if nighttime wear continues to be an issue, additional daytime wear hours are required.

It is essential that the patient consciously bite into the iFinisher® gently throughout the day which is the reason that daytime wear is approximately eight times as effective as night time wear.

### **Follow-Up Appointments:**

#### **iFinisher® Progress Evaluation Appointment(s):**

We need to see you two to four weeks after the aligners are discontinued or braces are removed to evaluate the progress of the iFinisher®. At this appointment we will determine how much more iFinisher® wear is required. At this appointment, we will take additional post-treatment photos for full treatment documentation. Once it's been determined that the iFinisher® can be discontinued, we will either take impressions or digital scans from which your retainers will be fabricated.

#### **Retainer Delivery Appointment:**

The most common type of retainers used in post- iFinisher® treatment are the "Invisible Retainers" made of 1mm of thick clear acrylic which is formed to hold your teeth straight. Once the retainers are delivered, iFinisher® wear can officially be discontinued.

### **Important Note:**

This phase of your orthodontic treatment requires maximum patient cooperation and can mean the difference between a good result and an excellent result. If at any time you are unable to wear your iFinisher® or retainers, please contact our office immediately.