

# *Lexington Dental Care*

## *Post-visit instructions*

### **Inman aligner**

The Inman Orthodontic appliance moves the teeth with minor continuous force. Most cases are completed after 6-9 weeks. For optimal results the appliance should be worn at least 20 hours a day and should not be worn while eating. To keep your appliance clean use Dr B's appliance cleaner (link) Soak for 15minutes, and rinse. As an alternative you may use a little vinegar and water mixture to clean the Inman appliance.

<https://www.youtube.com/watch?v=Lvqoo6Ld4iM>



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