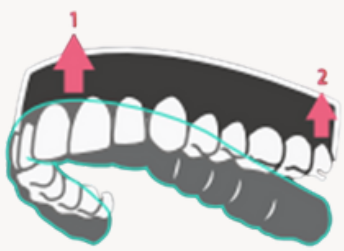


Instructions for Clear Aligner Treatment

How to Wear the Aligners

1



- Place the aligners on your front teeth first.
- Gently apply light pressure, gradually press from the front teeth to the back while using your hands to guide them into position.
- Use your fingers to gently press the aligners to ensure they fit against your teeth.
- **Do not bite down on the aligners to force them into place.**

2



- Gently bite down on a **CHEWY** on one side of your back teeth and gradually move it forward.
- Bite down on each tooth one by one until you reach the last back tooth on the other side.
- Repeat the process in reverse.
- When biting, apply **firm pressure** and then release before moving to the next position.
- Continue this process until you are sure the aligners fit securely against your teeth.
- This step should take about 3-4 minutes.

This is the most important part of wearing your aligners.

3

- You may feel that the aligners fit more snugly and experience tooth soreness after biting down on a chewy, especially when switching to new aligners for the first time.

4

- Discomfort may last for 2-3 days when wearing new aligners.
- You may take paracetamol to relieve the pain. However, NSAIDs such as ibuprofen are not recommended, as they can affect tooth movement.
- If the pain is severe, consult your orthodontist immediately.

5

- To maximize the force applied for the longest duration. **It is recommended to switch to new aligners at night before bed.**

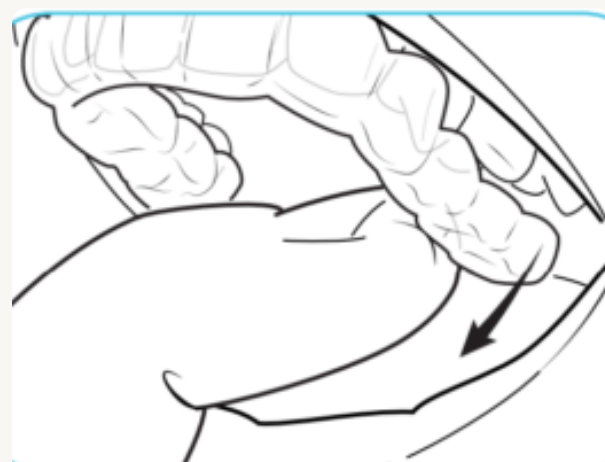
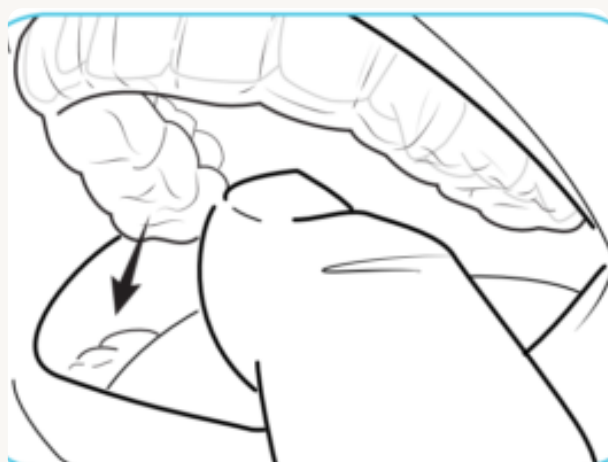




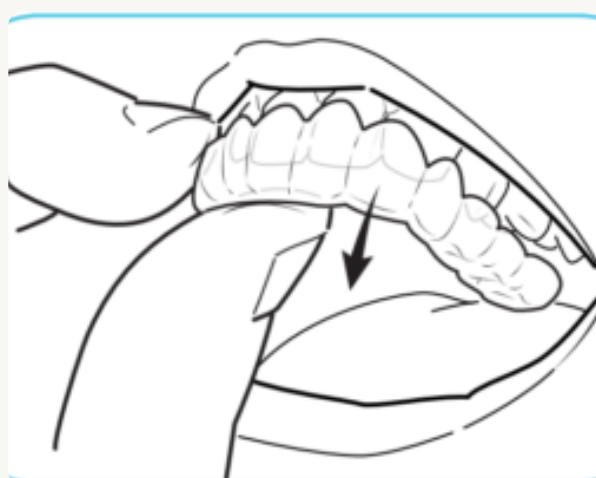
Instructions for Clear Aligner Treatment

How to Remove the Aligners

- 1 When removing the aligner, use your index fingers to gently pull it off from the palatal side of the back teeth or from the rear of the last molar, one side at a time.



- 2 Once the aligner is released from both sides of the back teeth, carefully remove it from the front teeth. **Do not use excessive force or sharp objects to remove or pry off the aligner.** If you find it difficult to remove the aligner, consult your orthodontist.



Instructions for Clear Aligner Treatment



Care and Precautions



- Remove the aligners before brushing your teeth.
- After brushing, use a soft-bristled toothbrush with toothpaste to gently clean both inner and outer surfaces of the aligners.



- Before putting the aligners back on, brush and floss your teeth or rinse your mouth after meals.



- Dissolve a retainer cleaner tablet in room temperature water. ***use the tablet 1-2 times a week.***
- Fully submerge the aligners and soak for 3 minutes.
- Gently brush the aligners with a soft toothbrush and rinse thoroughly.



- After removing the aligners, rinse them with water before storing them in the case.



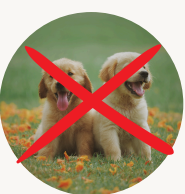
- Do not soak the aligners in mouthwash, as this may damage the aligners.



- Soak the aligners in a mixture of vinegar and water at a 1:4 ratio for 30 minutes to remove tartar.



- Keep the aligners away from alcohol, heat, sugary drinks, carbonated water or soda (even without sugar), and colored liquids such as wine.



- Keep the aligners away from pets and children.
- Do not smoke or chew gum while wearing the aligners.