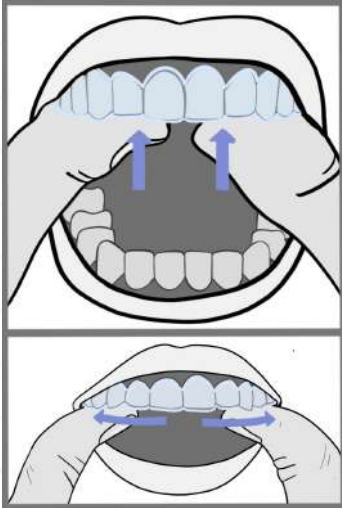
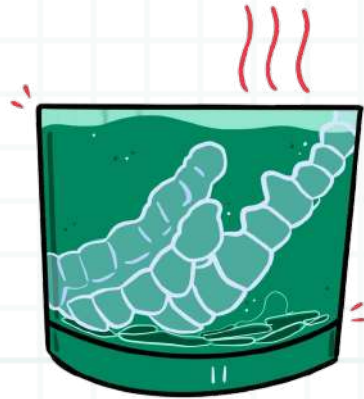


Guidelines to maintain the integrity of your aligners and ensure effective treatment.

Pre-Aligner Initiation Step

Before using an aligner for the first time after opening from the pack, kindly submerge the set fully in hot water ($>60^{\circ}\text{C}$) for 1 minute to soften.

Insert aligners on teeth before it cools completely but also ensure it is not too hot to wear



Aligner Insertion Methodology

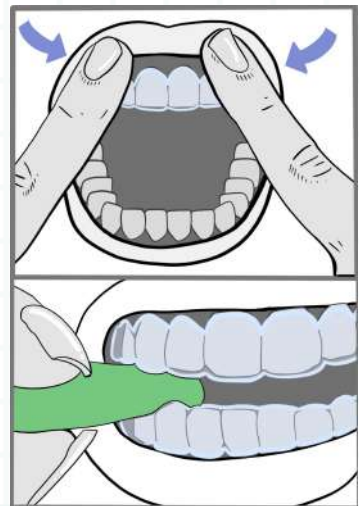
Place aligner over the front teeth (upper or lower) as per the aligner indication and press it gently into place.

Apply firm pressure along the direction of the tooth axis to ensure proper adhesion

Aligner Seating Methodology

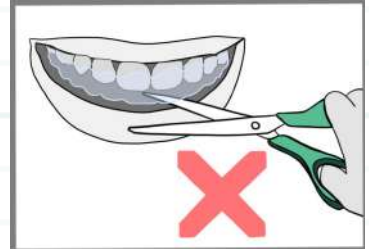
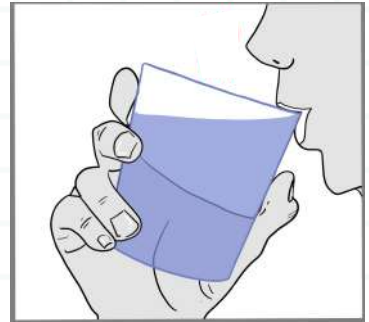
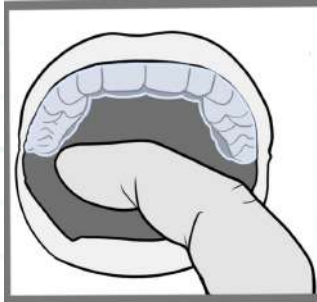
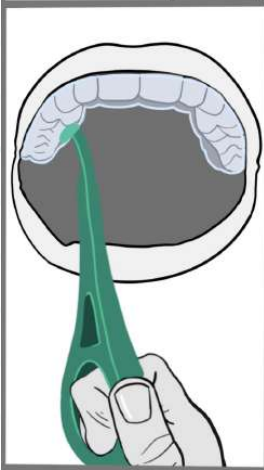
Aligner should sit snugly. Use your fingers to press along the gum line and the tooth surface for optimal fit.

Tip: Avoid biting as it may damage aligners. Use finger tips or chewy to seat aligners into place



Aligner Removal Methodology

Gently pull from inside back molar using fingertip or outie tool. Slowly detach moving from back molar towards the front.



Tip: Rinse with warm water if removal is difficult. No Tools - Avoid sharp objects.



Aligner Storage Methodology

Rinse the aligner thoroughly under running water after removal and store it in a light blocking container.



Advice for sustaining your enhanced smile



— **Wear Time** : 20-22 hours/day for optimal results



— **Before Eating/Drinking** : Remove aligners ; rinse mouth



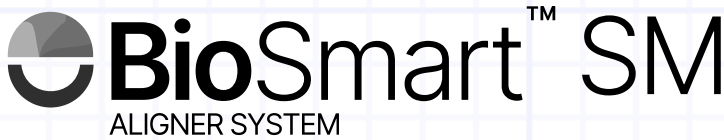
— **After Meals** : Brush and floss teeth; if no toothbrush, rinse mouth thoroughly



— **Aligner Cleaning** : Brush with soft bristle toothbrush and rinse with water. Do not use regular toothpaste. Use a milder foam paste or an aligner bubble paste instead if needed.



— **Aligner Cleaning Tip** : You can also use Tera Herz Care Ultrasonic cleaning device. Immerse the aligners completely in the device and use the double-touch function to activate the cleaning process.



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