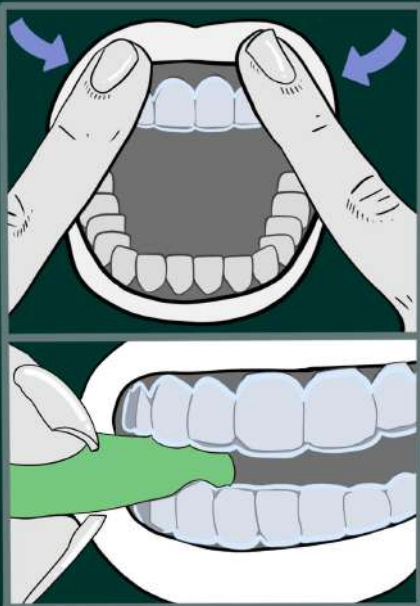
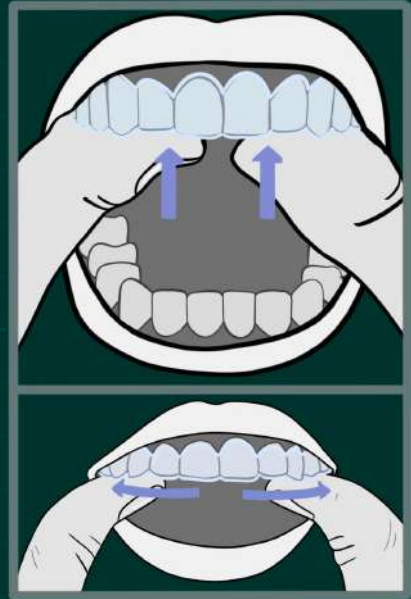


Guidelines to maintain the integrity of your aligners and ensure effective treatment.

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



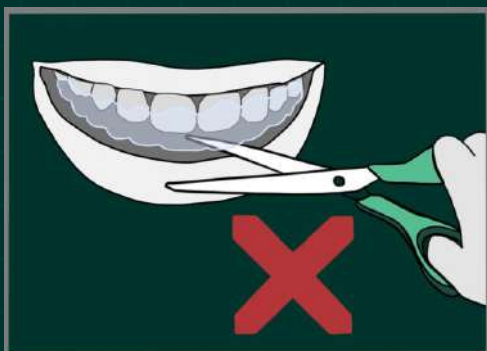
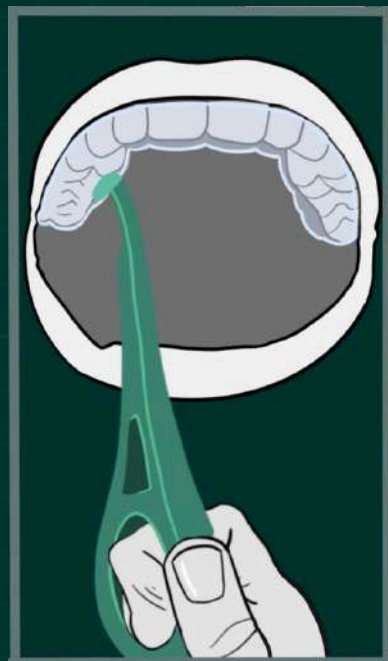
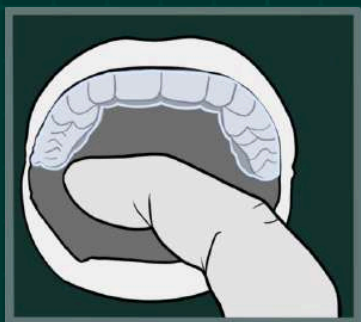
Aligner Seating Methodology

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: No Tools - Avoid sharp objects.



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 ; avoid toothpaste



— **Additional Recommended Step**: You can use a Sodium Perborate Monohydrate aligner and retainer cleanser option after the above brushing step.



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