

THINGS TO KNOW

CARING FOR YOUR ALIGNERS

Always rinse and dry your aligners after removing them. Use clear aligner cleaning solution. Brush and floss your teeth after eating and before inserting your aligners to keep the aligners free of any food particles and to avoid staining.

REMOVING YOUR ALIGNERS

Start with clean hands and handle one aligner at a time. Hold the back of your aligner with your fingers and gently nudge the aligner away from your teeth. Slowly work your way around your mouth, from your molars to your central teeth to your other molars. Your removal tool can help safely detach your aligners. To help prevent damage to the aligners, do not use excessive force to bend or twist an aligner to remove it. Take care in removing your aligners, especially if multiple attachments are being used.

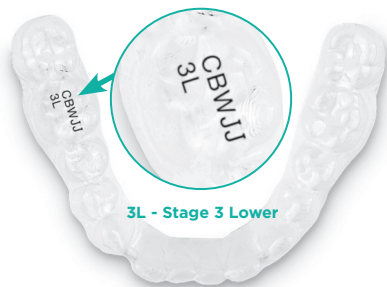
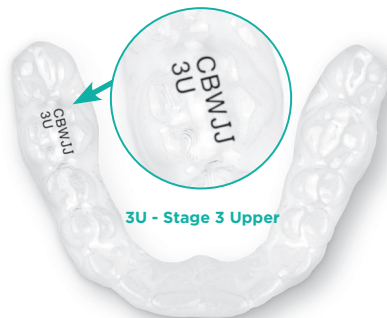
IMPORTANT: After completing a stage, keep your old aligners in a clean plastic bag. You may need these if you damage the aligners in your current stage.

ADVANCING STAGES

Your dentist will give you instructions on when to progress to the next aligner stage.

IDENTIFYING THE STAGE NUMBER

Check the stamp on your aligners to ensure you're using the right set. Your aligners are marked with the case number and stage number. Each aligner is engraved with your unique case number as well as the stage number followed by a "U" for upper and an "L" for lower.



POST TREATMENT CARE

Upon completion of wearing the last stage aligner for the prescribed length of time, talk to your dentist about the use of retainers to ensure your teeth stay in their new position for years to come.

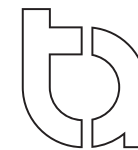
WARNINGS & PRECAUTIONS

- Aligners must be worn in the proper sequence and for the instructed time frame in order to be effective.
- Do not chew gum or smoke when using aligners.
- Do not use toothpaste, mouthwash, or denture cleaner to clean your aligners.
- Remove aligners when eating, drinking warm liquids or non-clear liquids, and when brushing and flossing your teeth.
- Never use sharp objects to remove your aligners.
- Contact your dentist if you break or damage your aligners.
- Keep aligners away from pets and small children.

CONTRAINDICATIONS

- Patients who are allergic to plastic
- Patients who have active periodontal disease
- Patients who have Craniomandibular dysfunction (CMD)
- Patients who have active Temporomandibular Joint (TMJ)
- Patients who have Temporomandibular disorder (TMD)
- Patients with permanent endosseous implants

If you have any questions regarding hygiene techniques, please consult your dentist.



TRUE ALIGN

TRANSFORM YOUR SMILE



PATIENT GUIDE



a HQ dental product

GETTING **STARTED**

INSERTING YOUR ALIGNERS

Rinse your aligners when removing them from packaging. With clean hands, line up either the upper or lower aligner with your teeth. Push the aligner with even pressure over your teeth using your fingers until it snaps securely into place. Repeat with the other aligner. Do not bite to seat your aligners. Handle only one aligner at a time.

WEARING **YOUR ALIGNERS**

- Wear your aligners per your dentist's instruction, usually 20-22 hours per day. Remove them when eating or when brushing your teeth.
- You may feel slight pressure or discomfort after inserting your aligner. This is normal. If your aligners cause significant pain or discomfort, contact your dentist.
- You may notice a slight lisp when speaking which will lessen as your tongue adjusts to your new aligners.

WHAT'S **INSIDE**



ALIGNERS

Your clear aligners were custom-made in San Diego, California and designed for your unique smile. The aligners are packaged by stage. Starting with Stage 1, work your way through each set of aligners to straighten your teeth.



ALIGNER CASE

Store your clear aligners in your case any time they are not in your mouth. Your case will keep your aligners clean and protected



REMOVAL TOOL

Use this tool to easily remove your aligners. Hook the curved end onto your aligner near your molars - pull down on your upper aligner and pull up on your lower aligner to remove. Your removal tool fits in your case for easy and convenient storage.

TRUE **ALIGN**

SWITCH **YOUR**

SMILE **ON**