instructions and care guide for your invisalign aligners

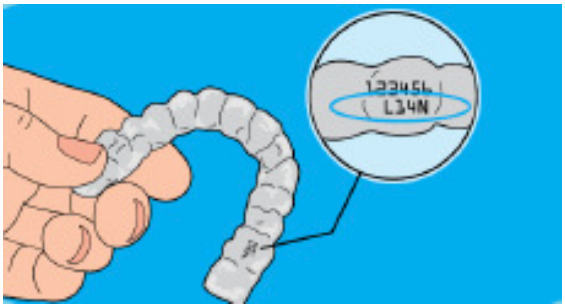
Important tips for you to follow:

- You must wear your aligners as instructed by your doctor; usually 22 hours per day.
- Only take them out for brushing your teeth, eating and drinking hot drinks.
- Make sure you wash your hands thoroughly before handling your aligners.
- Only handle ONE aligner at a time. When removing your aligners from the packaging, you should always rinse them before wearing them.

How to insert your aligners:

1. Always check that you are about to insert the correct aligner by having the upper for your top teeth and the lower for your bottom teeth. This can be checked by looking at the engraving on each of your aligners, a “U” is marked for upper and an “L” for lower, followed by the stage num-ber of the aligner.
2. Either your upper or lower aligner can be inserted first. To insert your aligners; firstly you need to gently push the aligners over your front teeth. Then, using your fingertips, apply equal pressure to the back teeth and push down until the aligner clicks into place.
3. DO NOT bite your aligners into position as this may cause damage to them.

Note: If you experience any sharp pain or significant discomfort, please contact your doctor for advice or an appointment if necessary.





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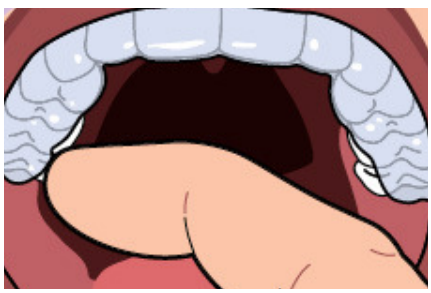
Important things to remember during your Invisalign treatment:

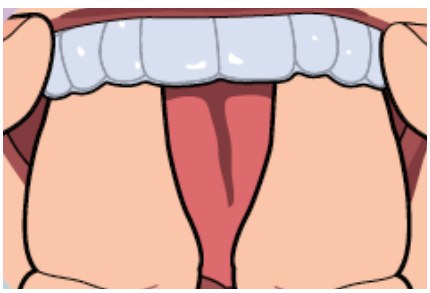
Use aligner chewies to fully seat new aligners in place, as this ensures proper fitting so that your teeth can move efficiently. You can use dental floss periodically to check that there are spaces between your teeth. Teeth move better if there is a little bit of space between them. If you notice that a specific tooth is not fully seated into an aligner: 1.Continue wearing current aligner (do not change to the next one). 2. Report the discrepancy to your orthodontist, who might ask you to make an appointment for examination and to rectify the problem.

How to remove your aligners:

Only remove one aligner at a time.To begin with, on one side of your mouth, use your fingertip on the inside of your back teeth to slowly peel the aligner free from your teeth. Repeat this process on the other side of your mouth, leaving the aligner just covering the front teeth. Once the aligner is disengaged from the back teeth on both sides, you should then be able to slowly work your way forward, gently prying the aligner away from your teeth at the front with your fingertips.
Note: Immediately rinse your aligner with water and shake off any excess water.
Always store your aligners in the protective case provided with your starter kit at the beginning of treatment. Avoid unnecessary removal of your aligners to help prevent any damage to them. Follow the removal guide correctly to avoid any breakage to your aligners. If multiple attachments are being used, take extra care when removing your aligners excessive force should not be used to bend or twist an aligner into position or for removal. DO NOT use any sharp object to remove your aligners. Always contact your doctor if your aligners are extremely difficult to remove.







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