

Smart Aligners

Professional guidance for your smile

Patient's Manual



INSERTION:

- * Either the upper or lower arch can be inserted first, according to your comfort
- * While inserting the aligner, give a gentle push on the aligner over the front teeth till they are seated comfortably.
- * Place your fingertips over the aligner and give a push over the back teeth (right and left) together.
- * Gently press over the aligner till it is snugly sitting over the teeth.
- * Do not bite the aligners to get it seated in position, this can damage the aligner.
- * If you feel difficult in seatly



CHEWIES:

Helps Seat your Aligners

1. After placing the aligners over the teeth, bite on the chewies to adapt the aligners accurately



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Hands-free Aligner Removal



- ❖ Use your fingers to remove the aligners.
- ❖ Start from either the right or left back (molar) side and slowly move towards the other side.
- ❖ Once the lock has been freed, gently lift it off.
- ❖ After removal, always place it back in the box given.
- ❖ ALIGNER REMOVAL TOOL - it will help you to remove the aligner, if it is not possible with your finger.
- ❖ NOTE - do not use any sharp items to remove the aligner.

USE:

- ✓ Each aligner has to be worn for a maximum time of 22 hours per day for 1 - 2 weeks. This will help in attaining maximum effect
- ✓ The aligner has to be worn at all times, apart from eating, drinking and brushing your teeth
- ✓ Wash your hands thoroughly with water and soap before handling the aligners
- ✓ After removal of the aligners, always rinse it with water and clean it with a soft brush, store it in the protective case given for it.
- ✓ The next aligner has to be worn after the previous aligner has been worn for 1 - 2 weeks. It is best to start the new aligner at night as it would help to ease out the initial discomfort.





STORAGE

- ❖ It is important to store your aligners in a proper case when not in use. This will help the longevity of the aligners.
- ❖ Do not store the aligner in your pocket, tissue or any other place apart from the given protective case, as it may get damaged or lost.
- ❖ Keep out of reach of children or pets.
- ❖ Every aligner comes with its respective CAD/CAM printed 3D models, which also has to be kept safely till the end of the treatment.

LOSS / DAMAGED ALIGNER OR MODEL:

- ✓ If the aligner or model is lost or broken, you should inform your Orthodontist immediately
- ✓ The Orthodontist will then place order for a new set of aligner or model, and it will be delivered in a few days.
- ✓ Until then, you will be advised to wear the previous set of aligners to avoid discrepancy in the treatment progress

CLEAN:

- ❖ Remove the Aligners while having food.
- ❖ Aligners should be cleaned every time before and after use with a soft tooth brush and cold running water, morning and night
- ❖ After every meal, rinse your mouth with water to remove any remaining food particles stuck.
- ❖ It is always better to maintain a good oral hygiene by brushing your teeth morning and night.
- ❖ Clean the aligner by keeping 1 hours cleansing tablet with water weekly once.



AVOID THE FOLLOWING:



- ✓ Proper oral hygiene is a must
- ✓ Aligners should be cleaned every time before and after use with a soft tooth brush and cold running water, morning and night
- ✓ After every meal, rinse your mouth with water to remove any remaining food particles stuck.
- ✓ It is always better to maintain a good oral hygiene by brushing your teeth morning and Night.
- ✓ Avoid using Alcohol beverages or Alcohol based mouth wash with aligners in mouth.

ATTACHMENTS:

- ❖ Clear or tooth colored buttons placed on your teeth by the dentist which are essential to aid the aligners in moving the teeth properly and more efficiently.
- ❖ These attachments are hardly visible as they will be tooth colored or clear.
- ❖ There can be 1 or more attachments in requirement with each treatment
- ❖ If at any circumstance, any one of the attachments breaks of on its own, get it reattached or rebonded immediately by your Orthodontist .

CUSTOM MARKING ON MODEL:

- ✓ The aligner models are etched with a number and alphabet to indicate which set and which jaw it belongs to.
- ✓ SAS 000 / S40 000 with UL / UR with number
(Indicate Subset model)

Kit Contain

- | | |
|------------------|---------------------|
| 1. Aligner | 2. Models |
| 3. Aligner Box | 4. Chewies |
| 5. Removing Tool | 6. Cleansing Tablet |





*We
Congratulate
You On Your
Decision To
Improve Your
Smile*



*We Thank you
For Choosing
Smart
Aligners
To Improve
Your Smile*



*Every Stage
Of Your
Treatment
And The
Aligners Are
Custom
Made Specially
For You*

**PLEASE FOLLOW THE INSTRUCTIONS IN THIS
GUIDE AND HELP US ON THE WAY TO GIVE YOU THE
BEST RESULT OF THE ALIGNER TREATMENT**

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