Aligner Maintenance:

- Clean your aligner before each use with a soft toothbrush, water, and a small amount of toothpaste
- Do not use denture cleaning tablets or mouthwash on the aligner, as these products may damage it or make it more visible
- Rinse the aligner with plain water after each cleaning





Oral Hygiene:

- Remove the aligner before eating and drinking (it is not necessary to remove it to drink cold water)
- Use dental floss or an interdental brush and brush your teeth after each meal before reinserting the aligner. If brushing isn't possible, rinse your mouth and aligner with water



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Instructions for use

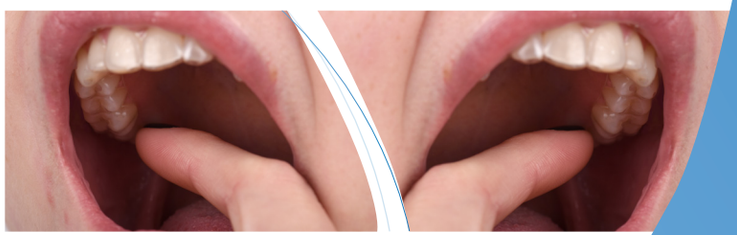
Inserting the Aligner:

- Make sure you are using the correct aligner (marked with the appropriate step on the box).
- Gently press the aligner onto two teeth at a time from one side to the other until it fits fully.
- Do not bite down on the aligner, as this could damage it



Removing the Aligner:

- Starting on one side of the mouth, use a fingertip from the inside of the back teeth to gently pull the aligner away
- Repeat on the other side, then slowly remove the aligner from your mouth



Additional Instructions:

- Light pressure during the first few days of each stage is normal. If you feel pain, return to the previous stage and contact your dentist
- Rinse the aligner with water after each use and store it in the protective case
- Do not discard completed aligners. If the aligner you're wearing breaks, is lost, cannot be worn, or causes pain, revert to the previous stage and contact your dentist
- Do not stop wearing the aligner; even a few days without it will allow teeth to revert to their previous position
- Avoid using sharp objects to remove the aligner

For any questions or concerns, contact your dentist.

Activating the Aligner:

- Use the aligner "chewie" for the first 2-3 days of each new stage, biting on it 2-3 times per day for 2-3 minutes to further activate the aligner





CHEWIES

Important Notes:

- Wear the aligner 20-22 hours daily
- Move to the next stage every 14 days
- Regular visits to check-ups are crucial for monitoring therapy
- Remove the aligner when brushing teeth, eating, drinking hot/colored beverages, or smoking

