












## Instruction Manual






DESIGN  
TO  
ALIGN






## Handling Your Aligners

-  Each set of aligners should be worn for three weeks. (21-22 days)
-  Aligners should be worn for maximum amount of time except while eating and/or drinking. We recommend atleast 22-23 hours per day for getting effective desired result.
-  Normal wear of the aligners can cause them to lose their elasticity over time which can result in aligners that do not fit as tight as they did when first worn. If so contact our office for further guidance.
-  Sanitize your hands thoroughly before handling aligners to avoid bacterial contamination.
-  We recommend that when it is time for your next aligner set, you place the new aligners at night before bed. This helps to alleviate the intial discomfort you may experience.
-  Make sure you wear the aligner properly into proper fit. Do not bite your aligner into position, this may damage them.
-  If you experience sharp pain or significant discomfort, discontinue use and call our office immediately.
-  To remove your aligners, use your fingers with gentle pressure starting on one side at the back teeth (Molars) and slowly work around to the other side lifting gently. Do not use any sharp instruments to remove the aligners.
-  Do not use excessive pressure to get off your aligner as it might distort or even can cause breakage of the aligner. Use Aligner Seater and Removal Tool (provided in your Aligner Kit) as directed by your orthodontist.




## Cleaning Your Aligners

-  Proper oral hygiene is a must. Aligners should be cleaned with a soft toothbrush and cold running water twice every day - morning and night.
-  Do not use toothpaste / denture cleaners / mouthwash on your aligners as it will make your aligners become cloudy and less clear.
-  During day, rinse your mouth and aligner with water to remove any remaining food debris after you eat.

## Eating & Drinking

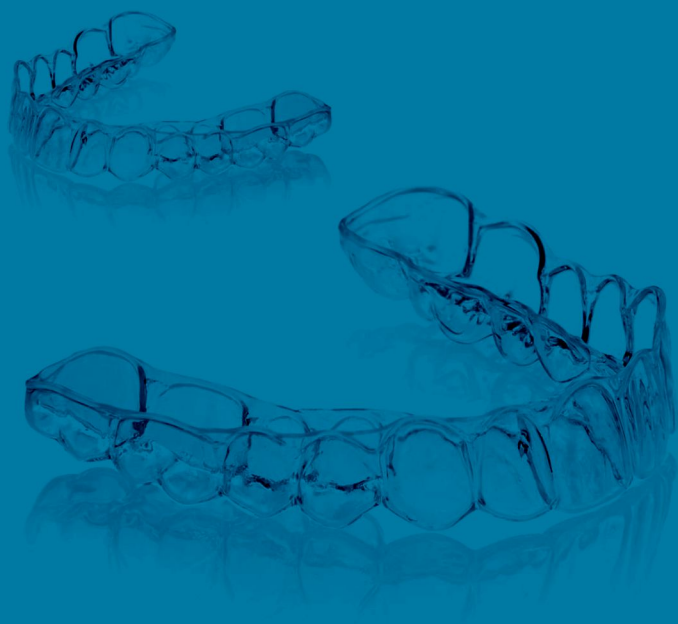
-  Brushing and flossing the teeth after each meal is highly recommended.
-  Discoloration of aligners can happen when they come into contact with colored drinks, or heavily dyed foods and this can cause some wear to the aligner. We recommend you to remove your aligners while eating and/or drinking beverages to avoid staining of aligner.
-  It is okay to drink cool water with aligners on.
-  No matter which option you choose, make sure you give your teeth and aligners a good brush before you go to bed.
-  Teeth grinding and clenching can cause aligners to wear down faster, deform, and/or possibly crack in some scenarios.

## Storage

-  It is vital to store aligners in their case when not wearing them. Keep a case with you at all times.
-  Please do not put your aligners in a tissue paper or pocket as they may be thrown out or can be damaged.
-  Please keep the past aligners in a clean plastic bag. If your current aligner is lost or broken, call our office for instructions. You may be instructed to return to the previous aligner until a new one can be made.

## Your Aligner Kit





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