



PATIENT INSTRUCTION

We are happy that you start this process that will change your smile.



By following these steps, you can effectively use your invisible teeth aligners and achieve optimal results.

If you have questions, contact us at

info@clearonaligner.com



COMMITMENT TO PATIENT SAFETY



Each pair of aligners is worn for 22 hours a day, so you must avoid taking them out constantly.



While you wear the aligners, you cannot drink hot or colored liquids.



If you do not use them for the recommended time, there is a risk that we will not be able to achieve the planned results.



Eating food while wearing aligners can lead to material fatigue or cause the aligners to fray.



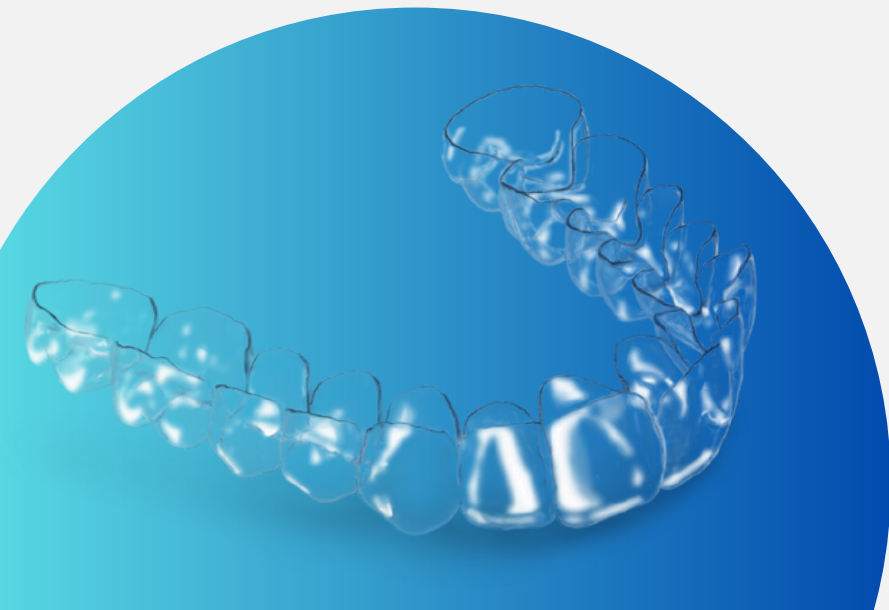
If you are going to smoke, put away your aligners. because they can be stained or even deformed by heat.



We recommend drinking only clear, cold liquids while wearing your aligners. You may use a straw to minimize contact with the aligners.



When not wearing your aligners, store them in their case.



How to Wear your Aligners Correctly?





1. Remove the aligners from their bag and rinse them thoroughly with cold water, then shake off any excess water.



2. Insert each aligner individually, gently pushing it to fit your teeth gradually.



3. Next, use your thumbs to press the aligner from the molars to the front teeth. For your lower aligners, you can use your index fingers.



4. After putting on your aligners, ensure they fit properly by biting down repeatedly until they feel snug.

How to Remove your Aligners Correctly?

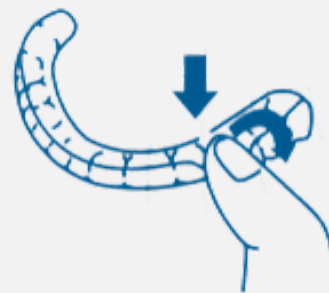


1



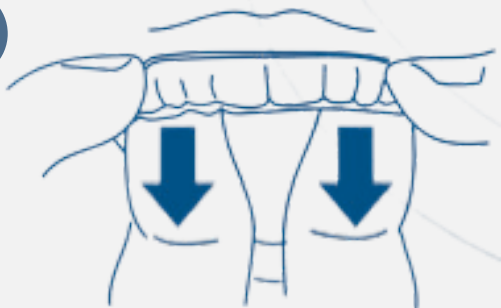
Insert your index finger into the edge of the aligner from the back of your mouth and move it toward the front.

2



The key is to pinch or pull in the opposite direction. Once the aligner feels loose, you can begin to move it.

3



Using your index finger and thumb, gently pull in the opposite direction starting from the molars and ending at the front teeth.



4



After removing your aligners, rinse them with water, shake off excess liquid, and store them in their case.

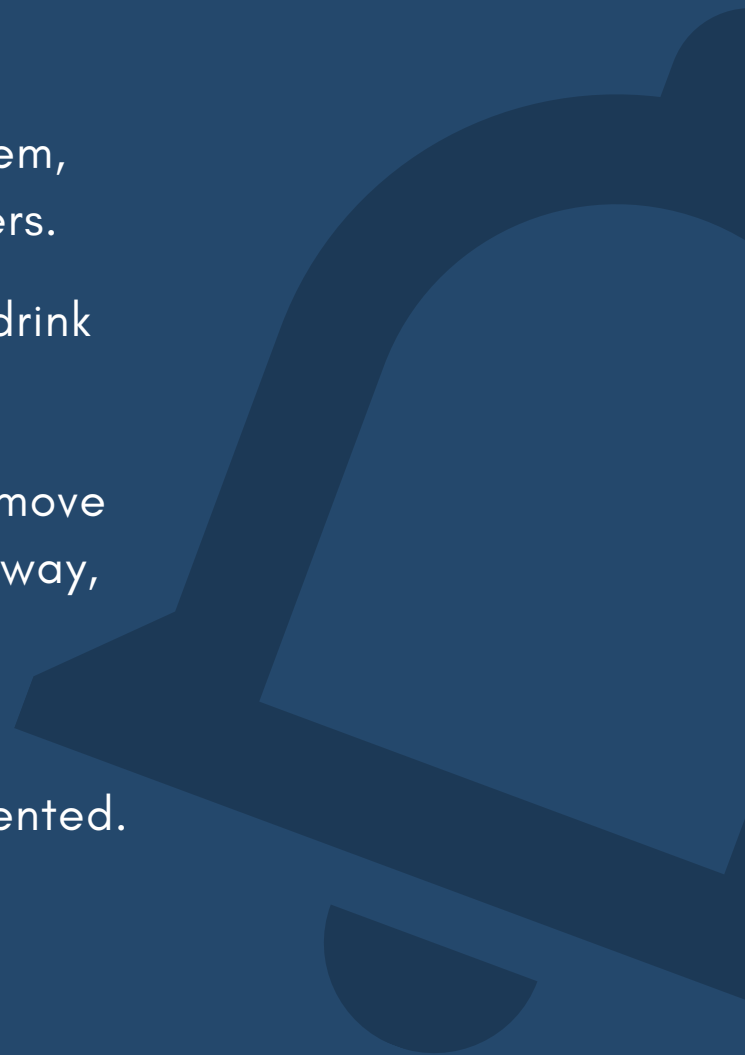
IMPORTANT

Do not use sharp objects to try to remove them, you can hurt yourself and damage the aligners.

Remember to take them off only to eat and drink hot liquids.

Do not use too much force when trying to remove the aligners, do not bend or twist them. This way, you will prevent them from breaking.

Do not wash the aligner with toothpaste or mouthwash because they can become pigmented.



If you have any questions or concerns, feel free to write to us at:

support@clearonaligner.com



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