

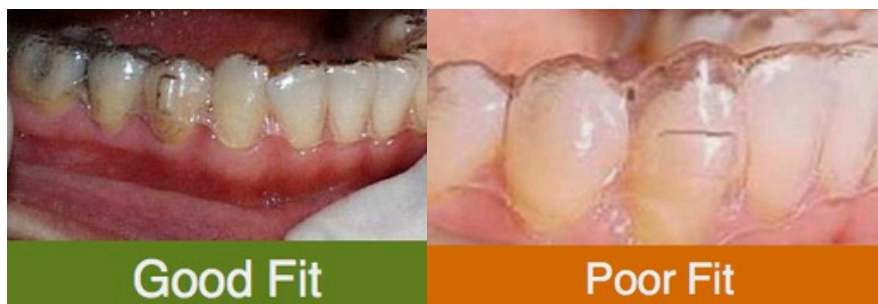
## USE AND CARE FOR YOUR CLARITY ALIGNERS

### TOP 5 RULES

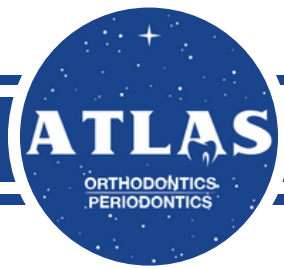
1. The most important rule is to WEAR YOUR ALIGNERS at minimum 22 hours per day, without exception. The aligners are only removed for eating and brushing your teeth.
2. Use your chewies daily and massage your attachments daily from bottom and top. To use the chewies, bite down and hold in the area for 5 seconds, then release. Walk the chewies along your teeth for 10 minutes at a time, up to three times per day. To massage your attachment place your finger against the tray and push up and into your attachments. Go from the bottom of the tray to the top with this motion.
3. Your aligners will be changed on a weekly basis, unless otherwise notified by the doctors. The most important indicator of your readiness to change into your next aligner is the overall fit of your aligners.

Your aligners should have no visible space seen between the edge of the teeth, and the aligner itself, when you are ready to change. If a gap exists, stay in your tray for another week and remember to use the chewies and massage your attachments daily from bottom and top.

### DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.



4. Save your previous set of aligners.
5. Use your case! If the aligners are not in your face they should be in your case!



## INSERTING YOUR ALIGNERS

1. When inserting the trays gently push the clear aligner over your front teeth.
2. Next gently push the clear aligner on your back teeth with your fingertips until the aligner snaps in place.
3. Do not bite your clear aligners into position as this may distort or break them.

## REMOVING YOUR INVISALIGN

1. When removing the aligner pull from the tongue side at the back and walk your way forward.
2. You may also use the retainer removal appliance provided but the office.

## DAILY CARE FOR YOUR ALIGNERS

1. Never eat or drink anything but water with your aligners in place.
2. Every time you use the aligners make sure to first clean them with a soft bristled brush and cold water.
3. If the aligners start to get cloudy, we recommend you use Polident retainer cleanser which is available at most pharmacies. You can soak them in warm water with the cleanser for 3 minutes.
4. If your aligner becomes lost, cracks, etc. before one week of wear, it may be OK to move into your next aligner.
5. If you have a rough spot on your aligner, you can gently use an emery board to smooth out the rough area.