

STRAIGHTS[®]

Clear Aligners

**Start your journey to
your perfect smile**

Here is a guide for wearing your STRAIGHTS Clear Aligners:

- ▶ Please wear your aligner for at least 22 hours a day, 7 days a week.
- ▶ To fit, gently push the aligner over your front teeth then apply equal pressure to the tops of your left and right molars (back teeth) until the aligner snaps into place. You can also use the chewies provided by biting them between your teeth for 5 minutes twice a day until fully seating down.
- ▶ Each time you insert a new aligner it will feel tight for the first couple of days, this will settle with time and for this reason we recommend changing your aligner before going to bed.
- ▶ Your aligners should be removed from the back of the mouth first and then lifted out evenly. Do not bend aligner excessively. The aligner removal tool enclosed can be used to help.
- ▶ Remember to change your aligners no sooner than prescribed by your dentist, this will keep your treatment on track.
- ▶ Do not immerse aligner in hot liquid or leave in hot places.
- ▶ Remove aligners before eating and drinking (except water). Brush and floss after you finish a meal or beverage before re-inserting your aligners. If you do not have access to these then rinse your mouth out with water.
- ▶ Please ensure good oral hygiene before inserting aligners.
- ▶ Your aligner should be rinsed with cold water between uses, you can also use an aligner cleaning solution. It is important not to clean your aligners with mouthwash or toothpaste as this can make your aligners weak and even break them.
- ▶ If there are any sharp edges to your aligner, please use a nail file to gently remove the excess.
- ▶ Use your STRAIGHTS Clear Aligner box to store your aligner when it is not being worn to make sure they are kept safe.
- ▶ If you lose aligner, please contact the treating dentist immediately.
- ▶ Keep all your old aligners in the packaging provided (do not throw away).
- ▶ If you have any further questions or queries, please contact your treating clinic directly.