



SureSmile[®] Aligner
Wear & Care



Congratulations on your new SureSmile Aligners!

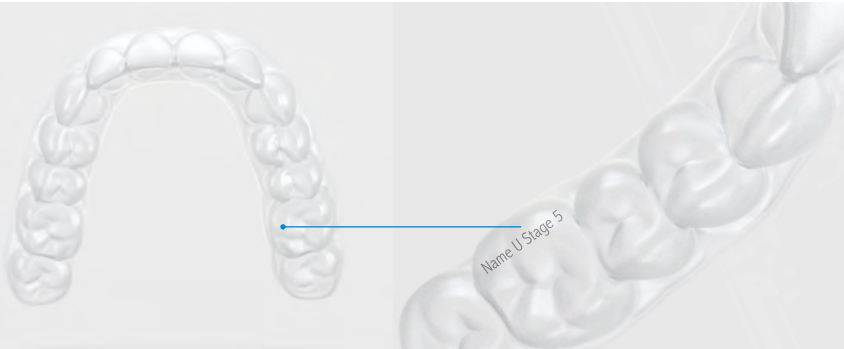
You are on your way to enjoying both the cosmetic and health benefits of properly aligned teeth. SureSmile Aligners are designed to fit your lifestyle and transform your smile. An important part of achieving your ideal smile is proper aligner wear and care. This guide will help you get started into a simple routine sure to make you smile!

How long do I wear my aligners?

They won't work if you don't wear them! Wear your aligners per your doctor's instructions, usually 20-22 hours daily (including while asleep).

How do I know which aligner to use?

Make sure you have the correct aligner. Each aligner is engraved with the first four letters of your name, a "U" for upper teeth or and an "L" for lower teeth, followed by the stage number.



Remove your aligners to eat and drink.

You don't need to give up any of your favorite foods while in treatment. However, you need to remove your aligners when eating all snacks and meals, and when drinking all liquids except for cool water. Do not chew gum while wearing your aligners. Do not wear aligners when drinking hot, sweet, or colored liquids. Hot liquids like coffee or soup can result in melted or distorted aligners.



It is important throughout treatment to maintain a fresh and clean aligner. Improper aligner care can cause bacteria build-up which can lead to bad breath and even tooth decay. Keep brushing and flossing as you normally do. No matter what your daily routine is, our products make it easy to take care of your aligners.

Common Cleaning Mistakes

It might seem logical to clean your aligner with other products you use to keep your teeth and body healthy; however, some of these methods can damage your clear aligner. Avoid using these methods to clean your aligner:



Toothbrush and Toothpaste

Can scratch the surface of the aligner and reduce the clarity



Mouthwash

Most mouthwashes contain dyes that can discolor the aligner



Scented or Colored Soaps

Can cause discoloration or cloudiness and leaves behind an unpleasant taste



Hot Water

Can potentially soften and distort the aligner

Retainer Brite® effectively cleans aligners.

Retainer Brite products are recommended to clean your SureSmile aligners safely and effectively.* It is important to clean your aligners before each insertion. Retainer Brite product samples are provided in this patient kit with your aligners to get you started on an effective regimen.



✓ Kills 99%
of germs**

✓ Removes
build-up

✓ Freshens
aligner



Before Cleaning



After Cleaning

*You should follow the specific directions for use provided with each Retainer Brite product. Never put Retainer Brite Cleaning Tablets or tablet solution in your mouth. **Kills 99% of common odor-causing bacteria including: Staph aureus, E. coli, P. aeruginosa and F. nucleatum. Data on file. Independent 2016 U.S. lab testing (ASTM method E2315-03).



Cleaning options that fit your lifestyle.

Retainer Brite is specially formulated to keep your aligners sparkling clean and clear. Choose the cleaning method that fits in your daily routine. You can quickly clean your aligners while you shower, eat meals, or on-the-go. It's that easy!



Retainer Brite Cleaning Tablets*

Everyday at-home
use for an
excellent clean



Sonic Cleaner*

Sonic waves help loosen
food and plaque particles
for an extra deep clean



Retainer Brite Cleaning Foam

Convenient clean
on the go, for a clean,
fresh feeling

Visit retainerbrite.com to shop
these products and more!

*You should follow the specific directions for use provided with each Retainer Brite product. Never put Retainer Brite Cleaning Tablets or tablet solution in your mouth.

Inserting your aligners using a Chewies™ Aligner Tray Seater.

1. With your fingers, place your aligner over your teeth and apply slight pressure until it is seated most of the way.
2. Place the Chewies Aligner Tray Seater between your upper and lower arches.
3. Gently bite down on the Chewies Aligner Tray Seater and work your aligner into place until it's fully seated.

Insert only one aligner at a time. Trying to seat two at once, or using excessive pressure may damage your aligners.



Removing your aligners with the Retriever tool.

1. Hold the Retriever by the end with the hole in it.
2. Insert the hooked end into your mouth.
3. Use the hook to gently grasp the edge of your aligner near the front of your mouth and pull away from your arch.
4. If resistance is felt, it may be necessary to repeat step 3 in several locations along your aligner until it comes loose.

Be gentle: Using excessive force may damage your aligner.



Store your SureSmile Aligners in a case when they are not in your mouth.

This will help protect them from loss or damage. Two aligner cases are included in your kit.

Use one case to store your “current stage” of aligners when they are not in your mouth.

This can help you remember not to throw them away when you clear your lunch tray.

Use the other case to store your “backup” aligners.

These are the previous set of aligners that you just finished wearing. If your “current stage” aligner is lost or broken, your doctor may recommend that you temporarily use your “backup” aligners while a replacement for the “current stage” is made.

When it is time to switch to your next aligner stage, shift the aligners in the cases.

Throw away the “backup” aligners. Clean and place the aligners that you just finished wearing into one case. Clean and place your new “current stage” aligners into the other case.

Avoid Heat Sources

Avoid exposing your aligners to heat sources. For example, do not leave them on the car dashboard at the beach or near a curling iron on the bathroom counter.

Don't use your aligners if they are cracked or broken.

Broken pieces can be accidentally swallowed or aspirated, and may be harmful.



Ask your Dental Professional if you have questions about your SureSmile Aligners.

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