

IMPORTANT INSTRUCTIONS

for the application of Whitesmile Clear aligners



Whitesmile Clear

ORTHODONTIC

Please read through these instructions carefully.

Thank you for choosing Whitesmile Clear, a medically certified device approved for orthodontic tooth movement. Here are some tips to help you maintain your aligners.

Always remember to:

01

Follow your doctor's instructions in wearing your aligners, usually for 20-22 hours per day.

02

Clean your hands thoroughly with soap and water prior to handling your aligners.

03

Handle only one aligner tray at a time.

04

When removing new aligners from supplied packaging, rinse under water prior to wearing them.



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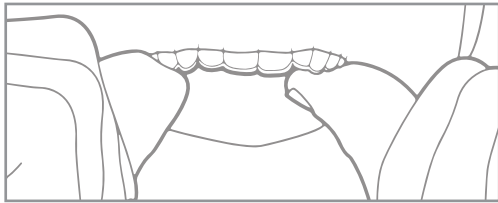
Ensure that your aligners are firmly seated by using an aligner seater or chewie. Bite against an aligner seater with aligners in place for 4 minutes throughout the entire mouth.



06

Avoid biting your aligners into position without the use of an aligner seater or chewie as this may damage them. Note: If you experience sharp pain or significant discomfort, discontinue application of the aligners, and consult with your doctor.

Aligner Insertion

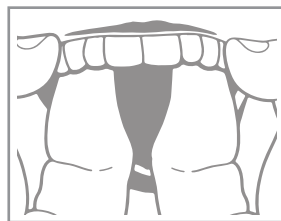
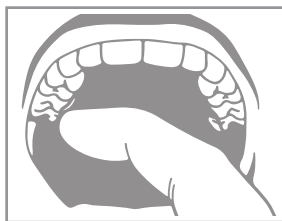


01 Make sure you have the correct aligner tray—the upper for your top teeth and the lower for your bottom teeth.

02 To avoid confusion, each aligner is engraved with your name and stage number.

03 Begin by inserting either the upper or lower aligner. When inserting each aligner, gently insert the aligners over your front teeth. Then push with equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.

Aligner Removal



01 On one side of your mouth, use your fingertip on the inside of your back molar to disengage the aligner from your molars.

02 Repeat this process on the opposite side of your mouth prior to completely removing the aligner.

03 Once aligner is disengaged from the molars on both sides of your mouth, work your way forwards to the anterior region by gently prying the aligner away from your teeth with your fingertips.

Important notes:

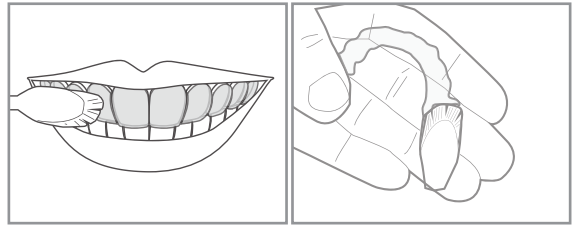
- Immediately rinse aligner with water and shake off excess water. Always store your aligners in the protective case provided with your starter kit.
- To avoid mishaps, avoid unnecessary removal. The aligners should only be removed when eating or when drinking sugary beverages. Clean or rinse your teeth before you wear them again. The aligners can remain in place whilst drinking cool water.
- Always take care in removing your aligners, especially if multiple attachments are being used.
- Avoid using excessive force to bend or twist an aligner during removal.
- Avoid using sharp objects to remove your aligners.
- Consult with your doctor if the aligners become stuck or are extremely difficult to remove.

Essential daily care and maintenance of your Whitesmile Clear aligners:

1. Clean your aligners before each insertion. Use a soft bristle toothbrush, water and a small amount of toothpaste. It is usually easier to clean the outside of your aligners by brushing them while they are still on your teeth and then removing them from your mouth to clean the inside surfaces.

Note: Always rinse each aligner thoroughly with water after each cleaning. We recommend that you use the Whitesmile Clear aligner cleaning products weekly, or as needed.

2. Never use denture cleaners or hot water to clean aligners. Never soak them in mouthwash. These products can damage the appearance of the aligner, causing it to become either dull or more visible.



Guide to Oral Hygiene

1. Remove your aligners for eating and drinking. (It is unnecessary to remove your aligners to drink cool water.)
2. Brush and floss your teeth after eating prior to reinserting your aligners. However, if you do not have access to your cleaning system or a toothbrush, temporarily rinse your mouth, and then clean your aligners by holding them under warm running water. When possible, be sure to thoroughly clean your aligners at your earliest convenience.
3. For further information regarding hygiene techniques, please consult your doctor.
4. Regular dental checkups and cleaning should be scheduled for the continued health of your teeth and gums.

Storing your Whitesmile Clear aligners:

Aligner case is included in your patient kit, we recommend that you store your Whitesmile Clear aligners in the provided case when they are not in your mouth. This will help to protect them from loss and damage. Always keep the most recently used aligners in this case.

Remember to keep your previous aligners safely, just in case if your current aligners is lost or broken, your doctor may suggest that you temporarily go back one stage while a replacement is being fabricated.

Note: Keep all your older aligners in a clean plastic bag, or as instructed by your doctor. Keep them out of reach of small children and pets.

Frequently Asked Questions And Answers

Q: Will the treatment be unpleasant?

A: Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the Whitemile Clear aligners are applying pressure to align your teeth to their desired position. This soreness should gradually go away a couple of days after inserting the new aligner in the series. If it remains painful, promptly call your doctor.

Q: Will wearing the Whitemile Clear aligners affect my speech?

A: Like all orthodontic treatments, the aligners may temporarily affect your dialog, and you may have a slight lisp for a day or two. However, as your tongue acclimatizes to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners will disappear.

Q: What should I do if my new Whitemile Clear aligner does not snap onto my teeth?

A: Minor gaps between the new aligner and the current tooth position are usual since the teeth need time to move into the new aligner position. In the event of significant problems with aligner fit, consult with your doctor.

Q: Are there limitations on what I can eat?

A: In general, there aren't any. Unlike conventional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners when doing so. Therefore, there is unnecessary to restrict your consumption of any of your favorite foods and snacks, unless otherwise instructed by your doctor.

Q: Would it be possible to drink hot or cold beverages while wearing Whitemile Clear aligners?

A: Except for cool water, we do not recommend that you drink while wearing the aligners. This is to avoid formation of cavities and stains or warping of the aligners with hot drinks and hot water.

Q: Can I chew gum while wearing Whitemile Clear aligners?

A: NO. Gum will adhere to the aligners. We

recommend that you remove your aligners whilst eating snacks or meals.

Q: Will smoking or chewing tobacco discolor the aligners?

A: We discourage tobacco use while wearing aligners because of the possibility of aligner staining.

Q: Why do some of my aligners have bumps or ridges on the surface?

A: Depending on the treatment plan, tooth movement may require either "attachments" or "ridges" to help the aligner deliver pressure to the teeth or hold them in place. These ridges, or wells, are where the aligner grips the attachment the doctor places on your teeth. The attachments are small pieces of composite the doctor bonds to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your trays. Your doctor will use one or both features to deliver the desired movement.

Q: What if I lose or damage a Whitemile Clear aligner?

A: If an aligner is lost or broken, you should immediately inform your doctor. Your doctor will likely inform you to start wearing your previous or move on to the next set of aligners immediately. Occasionally, the doctor may order you a new set of aligners to replace the ones you just lost, which should arrive shortly.

Q: What if I lose or break an attachment?

A: If an attachment is lost or broken, you must immediately contact your doctor. If you require additional clarification after reading this pamphlet, please consult with your doctor.

Warning: In rare instances, some patients may show allergic reactions to the plastic aligner material. If this occurs, discontinue application, and consult a health care professional immediately. Whitemile Clear must also be notified. Orthodontic appliances, or parts thereof, may be accidentally swallowed or aspirated and may be harmful.

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whitesmileclear.com

info@whitesmileclear.com

 +60-18-664-7433

 +60-3- 2771-1607

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