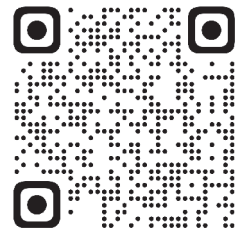


# GS

P A T I E N T   G U I D E

Smarteree<sup>®</sup>



[www.smarterealigners.com](http://www.smarterealigners.com)

Smarteree **GS**

## Contents

*Introduction* ..... 01

*Get to Know Your Aligners* ..... 02

*Wearing & Removal of Clear Aligners* ..... 04

*Daily Care and Maintenance* ..... 10

*FAQs* ..... 12

## Introduction

---

Thanks for choosing Smartee clear aligners and congratulations for starting on the path to a brighter, more confident smile!

Just take a moment to read this guide which will help you make the most of your Smartee clear aligners and enjoy an easy, seamless smile journey.

Upon receiving the first shipment of your aligner, you will typically find the following items included in the package:



Aligner Box

Aligner Bag

Upper Aligners

Lower Aligners



Gift Box

Aligner Case

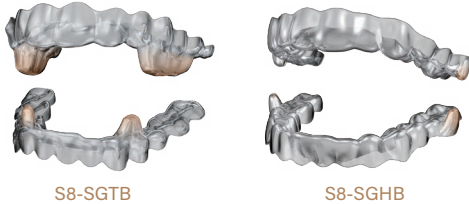
Aligner Seater

Removal Tool

# Get to Know Your Aligners

When you are ready to commence wearing your initial clear aligners, the following suggestions will assist you in getting started.

There are two different structures of GS aligners. You will receive either S8-SGTB or S8-SGHB depending on your dental condition.



## 1 Check the label

Verify the name on the package label to ensure the aligners belong to **you**.

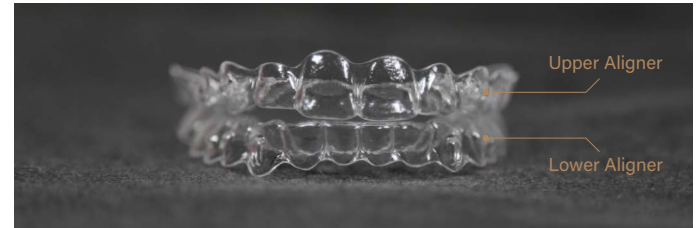
Wear your aligners in the sequence starting from **Stage 1**.



## 2 Know your aligners

Note the difference between the upper and lower aligners:

- The upper aligner is bigger than the lower aligner.
- There are two obvious bulges designed to fit your front teeth.



## 3 Wear your aligners from Stage 1

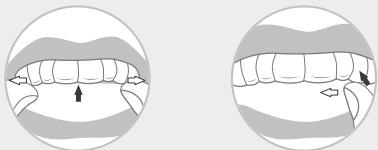
- You will receive some of your aligners or all of your aligners, depending on your specific case or your doctor's preference.
- All aligners must be worn in strict adherence to the prescribed sequence of the stages.

# Wearing & Removal of Clear Aligners

---

## Wearing

- Clean your mouth and hands thoroughly before wearing.
- Place your aligners in position following a “from middle to sides” sequence with your fingers.
- Start by placing the aligners over your front teeth and push the aligner down gently.
- Press the aligner gently over your molars with your fingers until it fits to your teeth.
- In Phase 1 (with mandibular repositioning device), it is essential to wear GS aligner while eating to enhance orthodontic outcomes.
- In Phase 2 (without mandibular repositioning device), remove your GS aligners before consuming any food or beverage other than plain, cool water.



## Tips

- It is common to experience mild discomfort or notice slurred speech during the initial few days. Don't worry – these symptoms are usually short-lived and should resolve gradually in the next couple of weeks.
- If you experience severe pain or unusual discomfort, contact your doctor immediately.
- We recommend avoiding drinking colored or carbonated drinks such as coffee, wine, tea, soft drinks, to prevent tooth decay and aligner staining.
- Food recommended: Soft foods, such as soup, porridge, spaghetti, fish, and rice;  
Food not recommended: Hard foods and sticky foods, such as nuts, hard candies, or chewing gum.
- We recommend reducing smoking throughout the treatment.

## Removal

- Use your fingertips to gently pull the aligner off one side of your back teeth, then pull off the other side of the back teeth to loosen the aligner.
- Continue to remove the aligner towards the front teeth and lift it off your front teeth.
- A removal tool can also be used. Use the small hook of the removal tool to separate the aligner from one side of the back teeth, and gently apply force to loosen the aligner.



## Tips

- Be gentle! To maintain the integrity of your aligner, avoid applying excessive pressure, pulling, or twisting.
- After removal, rinse them briefly, shake off any excess water, and store them in the aligner case.

## Wear Time

Follow your doctor's instructions.

Typically, the recommended wear time is as follows:

- Wear GS aligners all day, except when brushing your teeth.
- Wearing aligners is required for eating, and a soft or liquid diet is recommended, with care taken to avoid hard foods.
- Wear each set of aligners for 10 days for the Phase I treatment period when the main treatment objective is for mandibular repositioning.
- Wear each set of aligners for 7 days for the Phase II treatment when the main treatment objective is to establish the occlusal contacts.

### Tips

- You may find the occlusal splints develop cracks or collapse when biting. Please be assured, this is a common occurrence due to some patients applying uneven or excessive biting force, but it will not impact your treatment outcomes. We have provided you with two sets of aligners for each stage from Stage 1–6, Stage 29 and Stage 30. Should one set become damaged, please switch to the other set of aligners for the same stage.
- When replacing aligners, switch to the next pair in sequential order. Do not switch to previous aligners unless instructed by your doctor.
- Follow your doctor's instructions for aligner changes. Each pair should not be worn for more than 14 days.

### Use of Aligner Seaters

- After the aligner is in place, pinch one end of the seater and bite gently.
- Move the seater to various areas to ensure each tooth is engaged.
- Bite down 3–5 times to ensure the aligner fits your teeth perfectly.

### Tips

- Please do not use the seater until the aligners have been correctly inserted, as premature biting may cause damage to the aligners.
- Rinse the seater with running water after use and store it in aligner case to prevent loss or contamination.

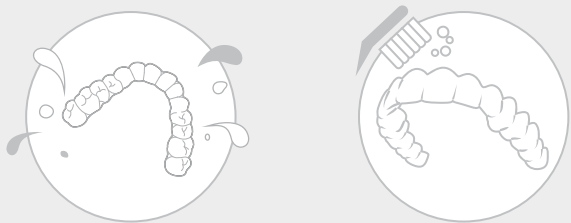


## Daily Care and Maintenance

---

### Cleaning

- Clean aligners with a toothbrush and toothpaste every day.
- You can also soak your aligners in a solution containing one Clear Aligner Cleansing Tablet for a few minutes before brushing them.
- Please do not clean your aligners in hot water which may cause deformation of your aligners.



### Storage

- After cleaning, dry and store your aligners in the aligner case at room temperature (20–40°C).
- Keep aligners away from chemicals, pets, and young children, to prevent any potential damage.
- Store used aligners in a clean, resealable plastic bag for temporary use in case your current pair is lost or damaged.
- Do not wrap your aligners with a napkin or tissue. Many aligners have accidentally been thrown out this way.
- Clean and dry the aligner case regularly to prevent proliferation of bacteria.

### Follow-up Visits

- Pay regular follow-up visits to your doctor, typically scheduled every 6–8 weeks.
- Consult your doctor for specific visit times and frequency.

# FAQs

---

**Q What are attachments?**

**A** Attachments are small ridges made of dental materials which are attached to the teeth. They are customized and bonded on the tooth surface temporarily to guide the tooth movement and improve aligner retention. Attachments are bonded or to removed at different times according to the treatment needs, and will be removed after treatment.

**Q What if an attachment falls off?**

**A** If an attachment falls off during the treatment process, please contact your doctor for re-bonding.

**Q What should I do with my previous aligners after each change?**

**A** We recommend you keep your previous aligners in a safe place as a backup in case of accidental loss or damage of your current aligners, so that you can wear the previous aligners from the last stage before using a replacement.

**Q What if my aligners are missing?**

**A** You may wear the set of aligners for the last stage and consult your doctor for advice in the meantime.