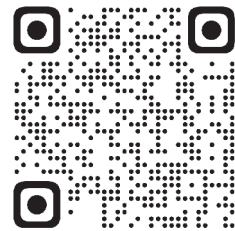


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P A T I E N T G U I D E

Smarteree[®]



www.smartereealigners.com

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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 Aligner

Lower Aligner



Gift Box

Aligner Case

Aligner Seater

Removal Tool

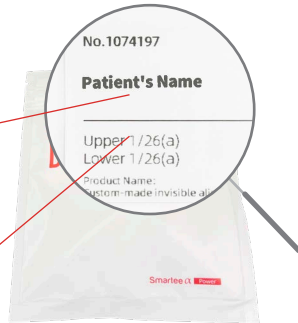
Get to Know Your Aligners

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

1 Check the label

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

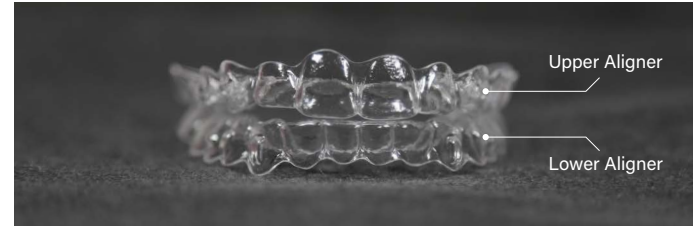
Wear your aligners in the sequence starting from Stage 1.



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.



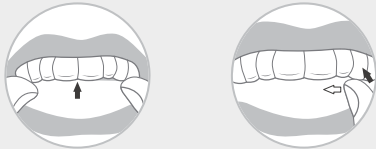
3 Wear your aligners from Stage 1

- You will receive some of your aligners or all of your aligners, depending on your specific case or your doctor's preference.
- Please make sure that you wear the aligners starting from Stage 1 as indicated on the label on the packaging.
- 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.
- Remove your 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.
- 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.
- Remove your aligners before consuming any food or beverage other than plain, cool water.

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:

- Each stage: 5–7 days (depends on the specific case)
Day aligner: around 16 hours/day (during the daytime)
- Night aligner: around 8 hours/day (when sleeping at night)

Tips

- Alternate between Day and Night aligners every day.
- 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 Shall I have to follow the day & night wear time strictly?

A You don't have to stick to the wearing time exactly – just follow it roughly.

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.

Q Shall I have to follow the day & night wear time strictly?

A If the treatment only involves a few sets of aligners, it won't significantly affect the results. However, if this becomes a habit, the treatment will be like a standard aligner treatment and may not be as fast as it would be with proper day & night wear.