

Pall Mall Dental



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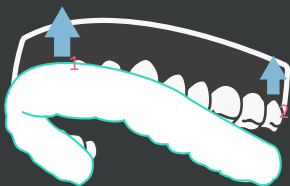
Wear & care

1. Wearing your Aligners



Rinse your aligners with cool water when you first remove them from the packaging.

inserting your aligners

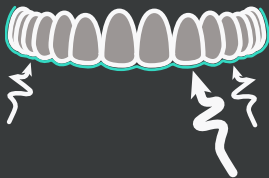


Insert your aligners by placing them over your front teeth first, then work backwards, applying gentle, even pressure over your molars until the aligner clicks into place.

Do not bite your aligners into place.



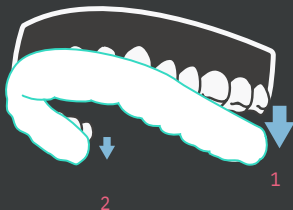
Call your dentist if you have any fitting issues.



It is normal for fresh aligners to fit tightly and apply pressure to your teeth. This pressure should lessen as you wear each step.

removing your aligners

To remove your aligners, start by using your fingertip on your rear molar on one side. Carefully pull the aligner away from the tooth. Repeat this motion on the opposite side before trying to remove the aligner completely. Once both sides are free, you should be able to begin working your way forward to gently pry the aligner away from your front teeth.



Do not use excessive force **Do not** attempt to use a to bend or twist an aligner sharp object to remove to get it off. your aligners.

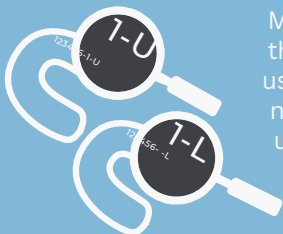
If you find that your aligners are extremely difficult to remove, tell your dentist about it.

2. During Treatment



Wear your aligners for at least 22 hours every day.

Each time you put your aligners in, inspect them for cracks or deformities. If you find any, report them to your dentist immediately.



Make sure you're wearing the set that your dentist directed you to use! They're marked with the step number, as well as a "U" for your upper teeth, and an "L" for your lower teeth.

You may speak with a slight lisp while your tongue adjusts to the aligners—this usually goes away within a few days.



If you experience dry mouth, just drink some water.

3. Aligner Care



Remove the aligners to eat. Rinse them off and store them in a safe place.

Brush and floss after every meal to prevent food and drink from getting trapped under the aligner. Clean your aligners with a toothbrush and cool water. For more thorough cleaning, you can use toothpaste or special aligner cleaner, but do not use denture cleaners or mouthwashes.



Keep aligners away from alcohol and hot, sweet, or colored liquids.

Keep pets and small children away from your aligners.



4. Your Dentist

If you have any questions about hygiene techniques, bring it up with your dentist. Regular dental checkups and cleaning are recommended for your continued oral health.



Bring your previous set of aligners with you to checkups. Keep your old aligners until your dentist is certain you won't need them.

Advance to the next step when directed by your dentist.



If you suspect an adverse reaction, discontinue use and consult your dentist. Your dentist, not ClearCorrect, is responsible for managing your treatment.