



## Smilewave Clear Aligner Instructions

Change Aligners every \_\_\_\_\_ Days.

Read these instructions carefully. Alternatively scan this QR Code for detailed video instructions.



### 1. Wear Schedule

Wear your aligners **at least 22 hours per day**. They should only be removed for:

- Eating or drinking (water is the only beverage allowed while aligners are in)
- Brushing and flossing your teeth

Do not keep the aligners out for more than **2 hours total per day**.

### 2. Inserting Your Aligners

- Gently press the aligners into place using your **fingers** until they are fully seated over your teeth.
- **Do not bite down** to force them into position; this may damage the aligners.

### 3. Using Aligner Chewies

Aligner chewies help ensure a proper and secure fit.

- Place the chewie between your teeth and the aligner, then bite down and hold for **5 seconds** before releasing.
- Repeat several times.
- Use chewies **2–3 times daily** for the first **3 days** each time you start a new aligner.





#### 4. Fit of New Aligners

When starting a new set, it may feel slightly tight or not fully seated—this is **normal**.

- Continue using your chewies daily throughout treatment to help the aligners fit properly.
- **Do not switch** to the next aligner until the current one fits snugly and there are **no visible gaps** between the aligner and your teeth.

#### 5. Changing to the Next Aligner

- Switch to the next set of aligners **at night before bedtime**.
- Rinse the new aligners before placing them in your mouth.
- Changing at night allows your teeth to adjust while you sleep and reduces initial discomfort.

#### 6. Lost or Broken Aligners

If you lose or break your current aligner:

- Begin wearing the **next aligner** in the series, even if it's early.
- If the next aligner is not available, **go back to the previous one** until your next appointment.

#### 7. Bring Previous Aligners to Appointments

- **Do not discard** any aligners.
- Bring **at least your most recent set** to each appointment.
- If you finish your last provided aligner before your next visit, **continue wearing it** until your appointment.

#### 8. Sharp Edges

If you notice a rough or sharp edge, gently smooth it with the nail filer.

#### 9. Cleaning Instructions

- Clean aligners **daily** with a toothbrush and cool or lukewarm water (with or without toothpaste).
- **Do not use mouthwash**, as it may discolor or damage the plastic.
- Avoid hot water, which can warp the aligners.

#### 10. Pet Safety

Keep aligners **in their case** and **away from pets**. Pets are often attracted to the scent and may chew or destroy them.

#### 11. Storage

If aligners are not in your mouth, they must be **stored in the case** to prevent loss or damage.

Always keep a **chewie** in your case for convenience.