

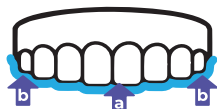
Clear Aligner Everyday Guide

This brochure serves as a quick reference guide. For more details, please refer to the “Instruction For Use” included with the product.

How to Insert the Aligners

1. Wash your hands thoroughly with soap and water before handling your aligners.
2. Wear the aligners with a specific sequence step of Soft (S) to Hard (H).
3. Clean new aligners with a soft toothbrush and lukewarm water or mild soap before using them.

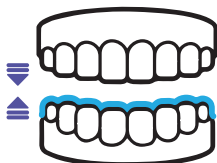
4. Insert either the upper or lower aligner first. When inserting each aligner, gently push the aligner over your front teeth (a). Then, apply pressure using your fingertips to the top left and right molars (b) until the aligner snaps into place.



5. Use the chewies for at least 5 minutes every time you put on the aligners (Recommend total chewie time of 30 minutes per day).
6. Keep aligner on for at least 20 hours per day.

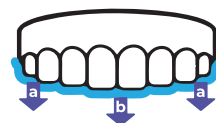
How to Insert the Aligner Chewie

1. When placing the aligner after eating, the chewie should be used to bite the aligner firmly into position.
2. Position the chewie between your teeth and bite down.



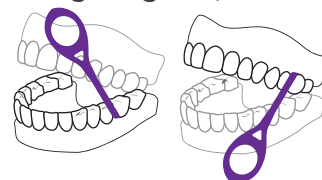
How to Remove the Aligners

1. Wash your hands thoroughly with soap and water before handling your aligners.
2. Using your fingers or the aligner remover, start by disengaging the aligners at the molar regions on both sides (a). Then slowly work your way to the front (b) with consistent and careful force to fully remove.
3. Rinse the aligners every time you remove them and keep them cool and dry in the given aligner case.



How to Use the Aligner Remover

1. Position the remover so that the end of the remover is parallel to the upper or lower aligner. Latch the remover from the furthest molar, gently pull down or push up, and forward.
2. Aggressive or improper use of the remover can result in breakage of the aligner, if you're having difficulties in one area, move the remover to a new position, and try again.
3. Make sure that the remover is latched only onto the aligners to avoid damage to gums, teeth or dental prostheses.



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Important Notes

1. Do not bite the aligners into place. Use finger pressure to fit the aligners in every time. Please get in touch with your doctor immediately if you experience sharp pain or significant discomfort.
2. If you suspect an adverse reaction, discontinue use and consult your doctor. Your doctor, not TrioClear, is responsible for managing your treatment.
3. Aligners should be removed for eating and drinking (except for water).
4. To help prevent damage, avoid unnecessary removal.
5. Do not use excessive force to bend or twist an aligner to remove.
6. Always keep the most recently used aligners (or more pairs of aligners as directed by your doctor). If you lose or break your current aligner, contact your doctor immediately. Your doctor may recommend temporarily returning to the previous pairs before getting a replacement.

Frequently Asked Questions

What is the Progressive Clear Aligner System?

TrioClear is a Progressive Clear Aligner System. From SOFT to HARD, the varying levels of thickness from 0.5mm to 0.7mm shift the teeth comfortably and help each patient achieve their desired smiles.

Why do my teeth feel pressure during treatment?

It is normal for your teeth to feel pressure at the beginning; this means that the aligners are moving your teeth. The feeling should disappear gradually in a couple of days. If this is not the case, please contact your doctor immediately.

Why do I lisp when I wear the aligners?

In the first few days, you may speak with a slight lisp, which will go away after several days as your tongue adjusts to your aligners.

How can I clean the aligners?

You may gently brush the aligners with a soft toothbrush, lukewarm water, or mild soap. Remember not to use toothpaste, denture cleanser, or other chemical solvents such as bleach or rubbing alcohol to clean the aligners.

How can I store the aligners?

Avoid placing the aligners in places of high temperature and humidity and keep them out of reach of children and pets.

How can I dispose of the aligners?

Clear aligners and other such appliances naturally pick up a lot of oral bacteria, and sterilization is needed before disposal.