



**HeySmile**  
aligners

# INSTRUCTIONS FOR THE PATIENT



# Congratulations on your new HeySmile® aligners!

This guide will take you through how to use and care for your aligners.

- 1 | Getting used to the aligners
- 2 | Fitting the aligners
- 3 | Daily care of the aligners



# 01 | GETTING USED TO ALIGNERS

Below are described some symptoms which can sometimes occur especially in the beginning of an aligner treatment.

**Mild pain or discomfort** | As the aligners gradually move your teeth, it is normal to feel some discomfort. On the first day of using a new set of aligners, you may feel pressure on your teeth that will diminish over time.

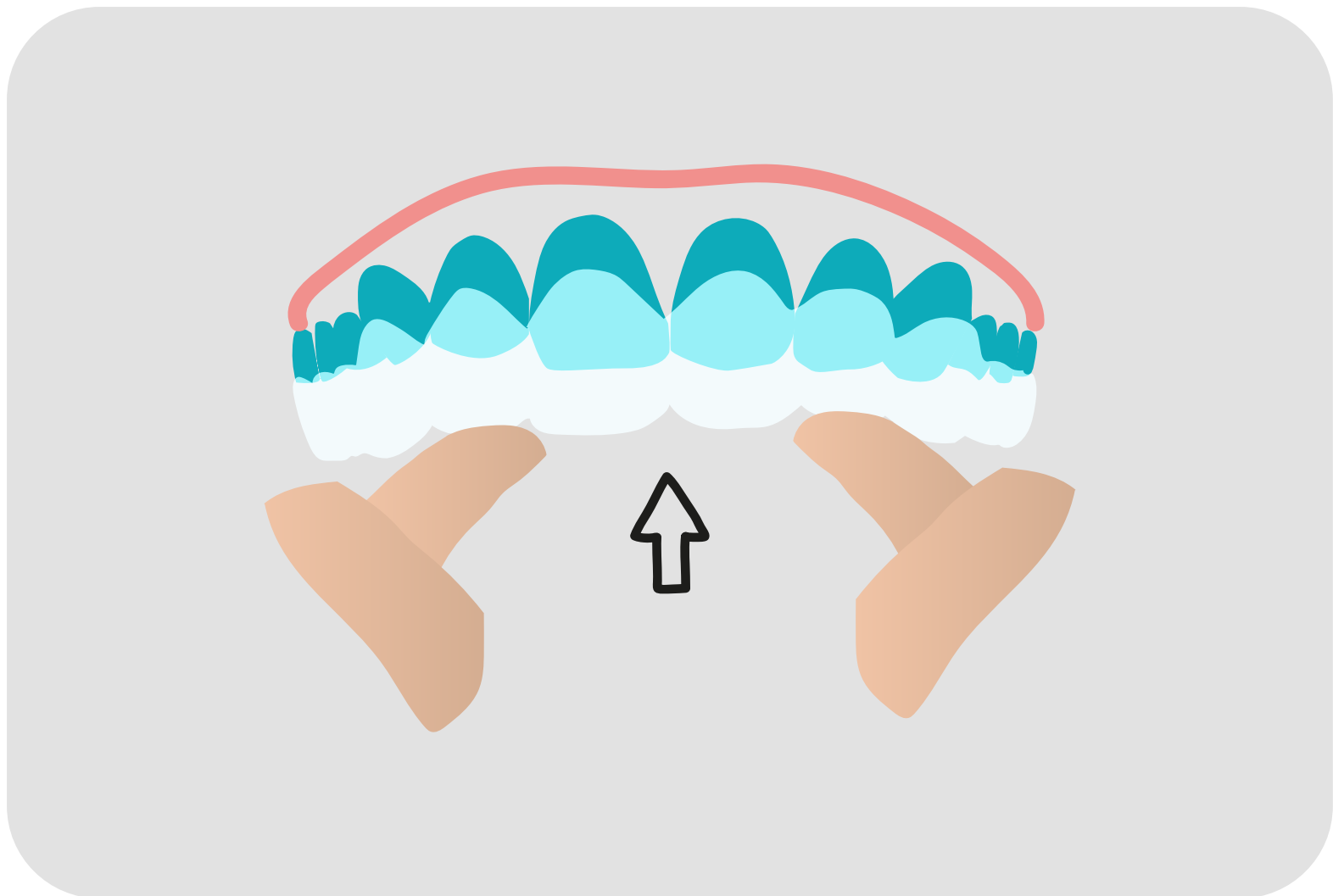
**Excessive salivation or dry mouth** | You may notice an increase in salivation, which usually goes away with regular aligner use. If you experience dry mouth, remember to drink water regularly.

**Other symptoms** | Wearing aligners can sometimes cause irritation of the gingiva cheeks, tongue and/or lips. These effects will reduce over time as your mouth adapts to the aligners.

If you have any questions about your aligners or their effects, do not hesitate to contact the doctor responsible for your treatment.

## 02 | FITTING THE ALIGNERS

### Inserting the aligners



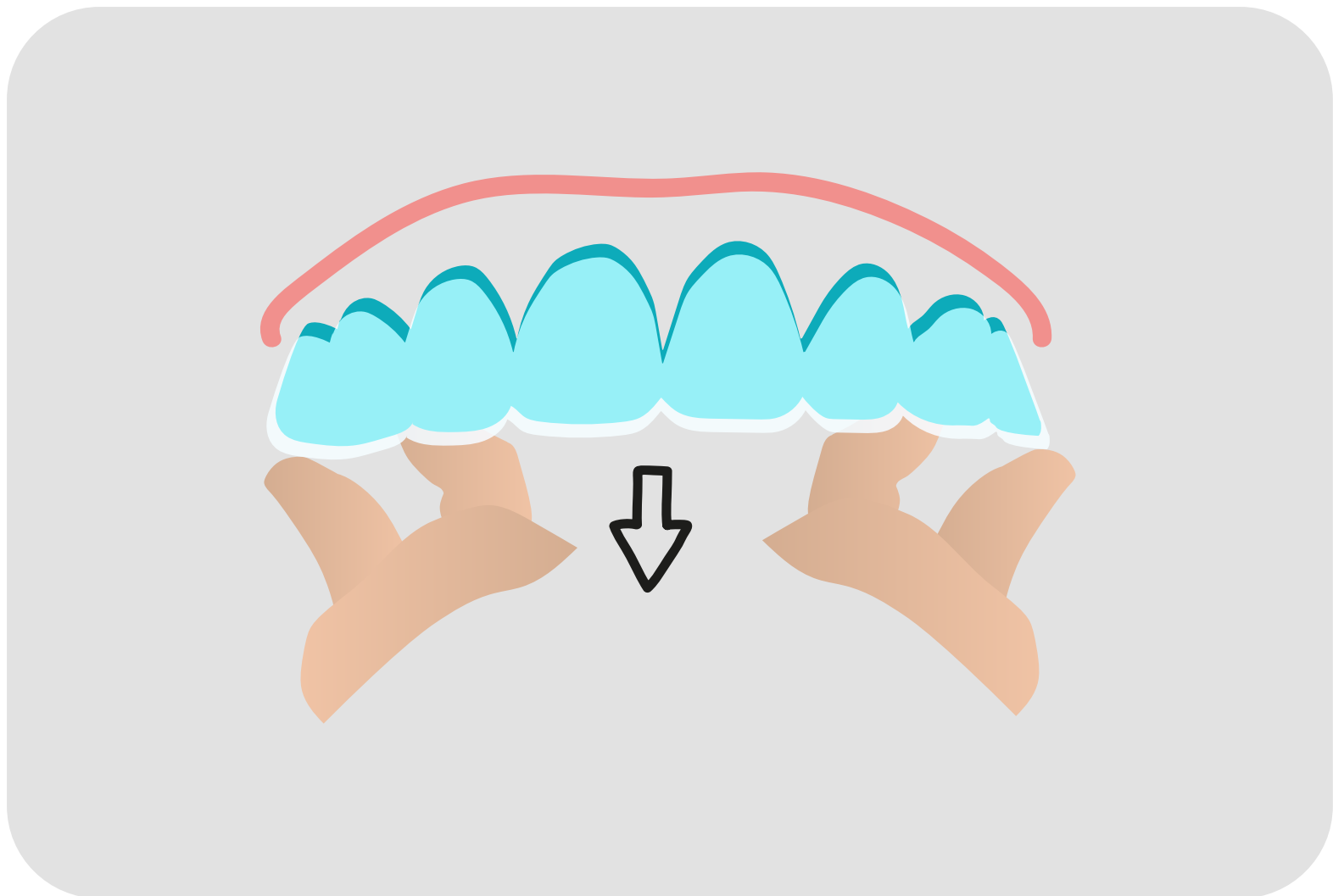
Place the aligner on your teeth and use your thumbs or chewies to press it over the molars with even, gentle pressure until the aligner clicks into place.

It is normal for new aligners to fit tightly and to feel some pressure in the first couple of days.

**WARNING!** Do not twist or bend the aligner, use sharp objects or otherwise use excessive force to remove your aligners in order to avoid damaging your teeth or your aligners.

## 02 | FITTING THE ALIGNERS

### Removing the aligners

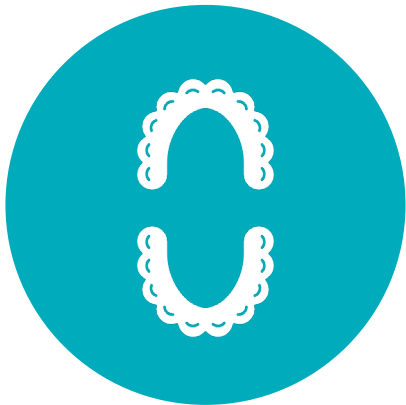


Place your fingertips on the edges of the aligner around the molars and premolars. Loosen the aligner first by slowly and carefully pulling the aligner away from your teeth.

After the back teeth are out on both sides, gently pull the aligner away from your front teeth.

**WARNING!** Do not twist or bend the aligner, use sharp objects or otherwise use excessive force to remove your aligners in order to avoid damaging your teeth or your aligners.

## 03 | DAILY CARE OF YOUR ALIGNERS



Your aligners are marked with a sequential number and a letter, either **U** for the **upper teeth** or **L** for the **lower teeth**. Always be sure that the set of aligners you are wearing is the one that your doctor has instructed you to use.



Remember to wear your aligners **at least 22 hours a day**. Only remove your aligners to eat and to drink anything other than water.



If you have any questions about your treatment or **how to use your HeySmile® aligners**, do not hesitate to contact the doctor responsible for your treatment.



## 03 | DAILY CARE OF YOUR ALIGNERS



Use only **a toothbrush and cold water** or a special cleaning solution for aligners to clean your aligners. **It is not recommended** to use toothpaste to clean your aligners or e.g. soak them in mouthwash .



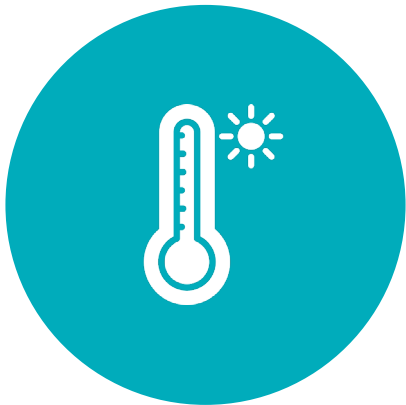
Take the aligners out, **brush and floss** your teeth and clean the aligners **every morning and evening**.



Always remove your aligners **before eating**. Rinse the aligners before placing them in the HeySmile® **protective case**.



## 03 | DAILY CARE OF YOUR ALIGNERS



**To avoid discolouration or deformation** of your aligners, always remember to remove them before drinking any **hot, alcoholic, sweet** or sweetened beverages that contain **colouring**.



**Do not smoke** with the aligners in your mouth . Always remove your aligners before smoking.



**WARNING!** These aligners are not a toy. Please keep them away from children and pets, as there is a risk of deformation or choking.





# Shaping smiles together

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