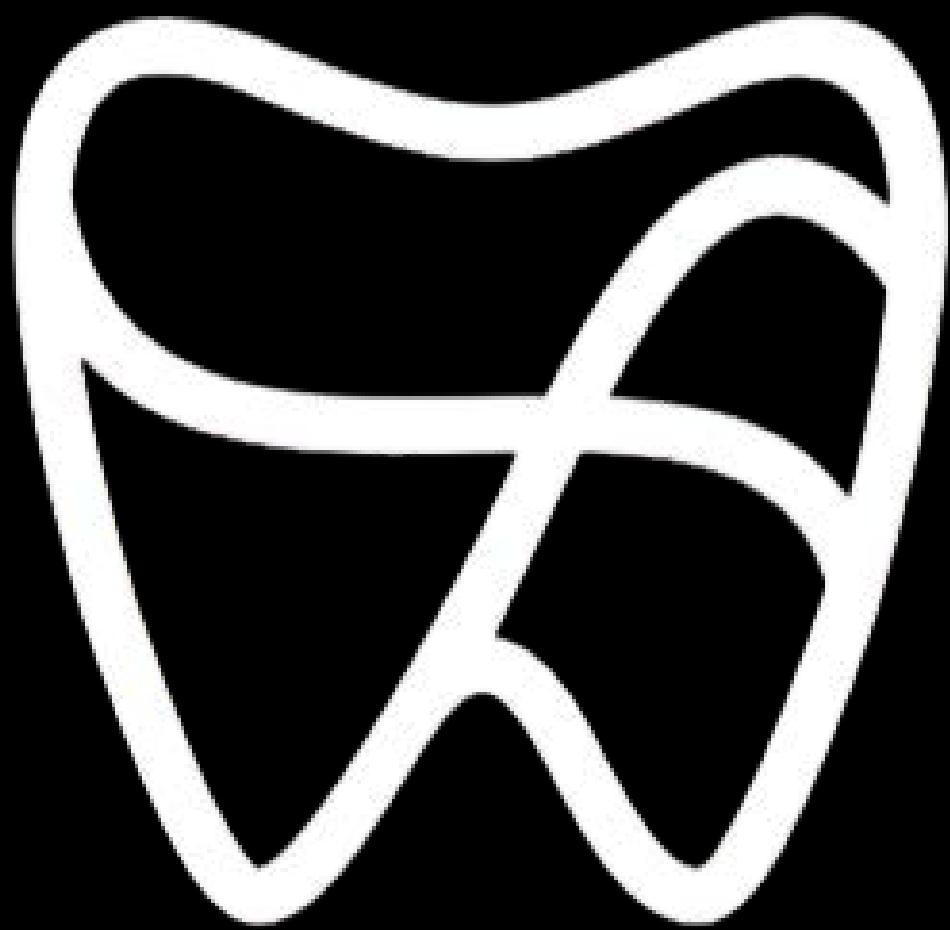
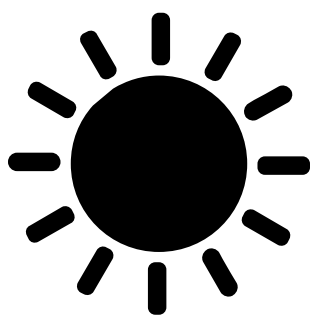


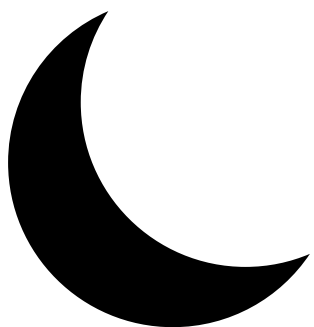


aligner guide

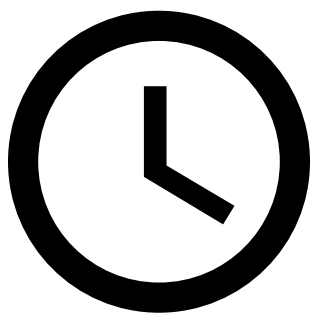
When should I wear my aligners?



All day except for when eating and drinking.



While you sleep.



It's best to wear them for 22 hours a day on average.



What can I eat?

Whatever you want to!

Just take off your aligners and enjoy!

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What about drinking?

We recommend only drinking water with your aligners on! With everything else, it's best to remove them first!

Best hygiene practices with your aligners



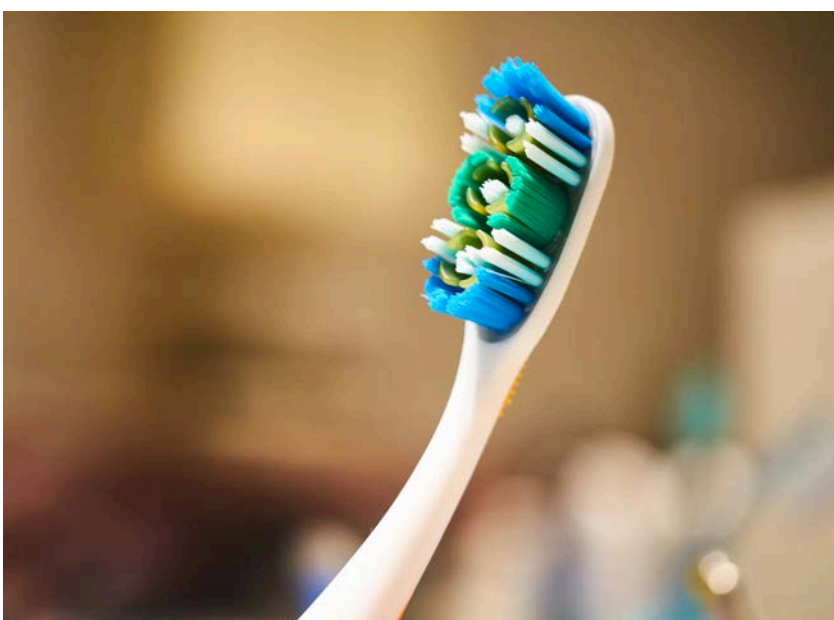
Always take them off before eating

When you're ready to put them back on, rinse them and brush your teeth first!



Rinse your aligners with soap and water

We recommend using slightly warm or cold water with some gentle soap to clean your aligners



Brush and floss often

It's best to have your teeth as clean as possible before putting your aligners on!

How often should I switch aligner sets?



— simply switch them

Every two weeks

Make sure you are storing your previous aligners! We recommend you use your previous set if you ever lose the one you're currently on.



Will I feel any pain?

You may feel a little discomfort but wearing your aligners shouldn't be painful. The discomfort is normal because your teeth are actually moving towards that smile you've always wanted! If you feel excessive pain contact your dentist.



Common Questions

Can I smoke while wearing my aligners?

No, you should not smoke while wearing ToothX Aligners.

What if my aligners don't fit?

It's normal to struggle a little bit to get your aligners on, but if your next set won't fit it most likely means you are not done with your previous one.

Can I get any dental work done during my aligner treatment?

You should not undergo any optional dental work during your ToothX Aligner treatment as this could lead to problems with the way your aligners should fit.

What if I have a dental emergency?

Please get help immediately if you are in a dental emergency by calling 911 or by going to your local dentist.

Should I still wear my aligners if I'm sick?

Yes you can still wear your aligners even if you're not feeling well

Lost or damaged aligners



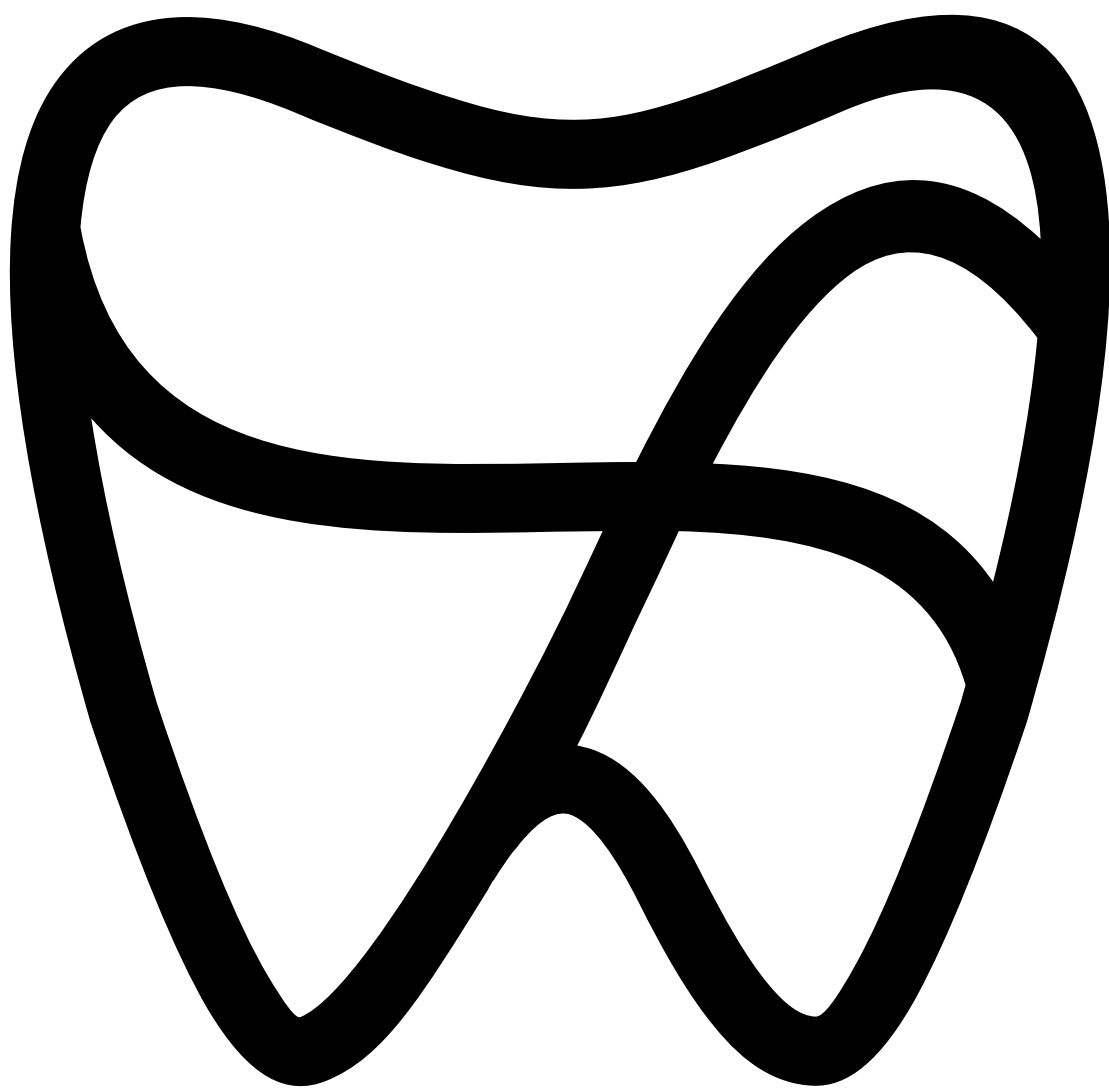
What happens if I lose or damage an aligner?

Don't stress! If you happen to lose or damage one of your aligners or aligner sets, please start wearing your previous set and contact the dental office where you got your treatment as soon as possible. We'll help you replace it.

I finished my treatment

Congratulations!

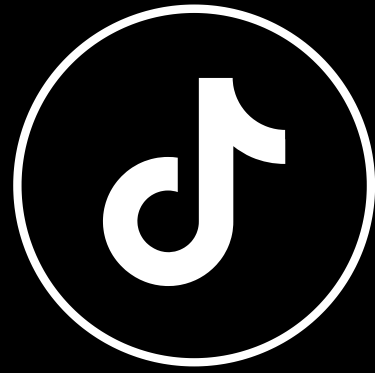
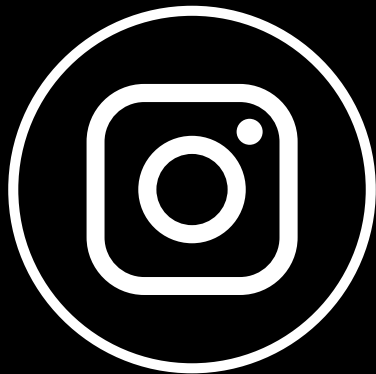
Make sure you check back with the office
you got your ToothX aligners from! It is
very important to conduct a final checkup
and get your retainers!



Most importantly

**Get excited
to start smiling!**

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