smile nova



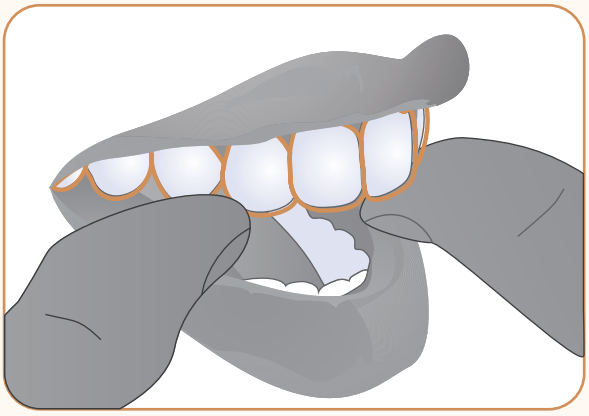
# LOVE &SMILE

# Guidelines



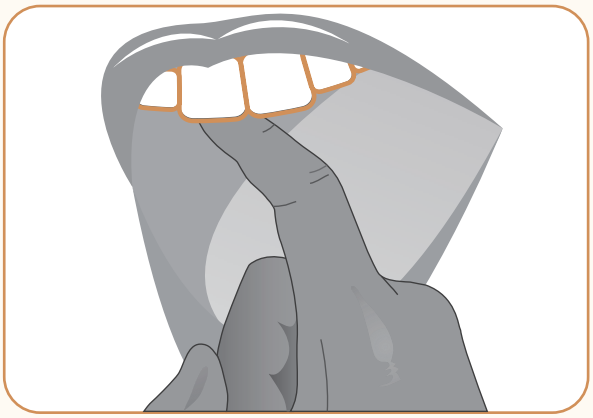
## Cleaning

Please clean your mouth and keep the aligners clean before wearing.



## Inserting

If there is no obvious malocclusion of the posterior teeth, the anterior teeth should be put in with aligners first; If there is obvious malocclusion of the posterior teeth, the misaligned teeth shall be put in with aligners first.



## Removal

Hold the edge of the aligners on the inner side (i.e. the lingual side) of the posterior teeth with your fingers, gently pull / push up / down, and alternate on both sides until it is removed.




## Wearing time

Please wear SmileyNova Pro aligners at least 20 hours per day and 10 days per step.

* At the initial stage of aligners wearing, there will be some discomfort, which is a normal reaction of orthodontic treatment. If you feel sharp pain or obvious discomfort, please stop wearing the aligners. If it is difficult to remove or insert the aligners, you can gently lift the edge of the difficult part with your fingernails, gently press it down with the help of the elasticity of the aligner itself, or slowly twist and remove it. Do not use brute force as it might cause creasing or tearing and deformation.

# Daily care and maintenance

1. If the aligners need to be removed temporarily due to eating or cleaning the mouth, etc, please put the aligners in a clean box;
2. Please put the used aligners back into the original package and keep them properly.
3. If the aligner that you are wearing is lost, please wear last step of aligners and contact your responsible doctor in time.
4. It is recommended to replace aligners before going to bed at night, so as to reduce discomfort.
5. At the beginning of treatment, there will be a feeling of lisping, which is a normal symptom of the tongue adapting to the aligners, and the feeling will disappear in a few days.
6. Avoid drinking too cold or overheated liquid when wearing the aligner, and do not soak the aligner in hot water or disinfectant water, so as to avoid the aligner deforming and affecting the orthodontic effect;
7. Drinking colored beverages should be avoided to prevent the aligner from getting contaminated.
8. Please re-visit your responsible doctor regularly to check the treatment effect and progress. And remember to wear your current aligners when you go to the doctor's.

# Potential Issues

## Loss of aligners

If the aligner that you are wearing is lost, please contact your responsible doctor right away and wear the last step of aligners at first. At the same time, ask your responsible doctor to re-order the current step of aligners from SmileyNova.

## Attachment falling off

If any of the attachments falls off during wearing, please contact your responsible doctor as soon as you can. Make sure to bring with you the previous aligners or the ones you are wearing, either of which might be used as a template to re-place attachments.

## Fracture of aligners

In case of fracture of the aligners, please follow the same process as that of losing aligners. If possible, please record the photos of the broken aligners.

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