



smart
moves®

RX ONLY. NON-STERILE. RINSE BEFORE USE.

wearing your aligners

- › Snap the smart moves® aligners onto your teeth and wear them for at least 22 hours every day. The effectiveness of clear aligner therapy drops dramatically if the aligners are worn less than 22 hours per day.
- › A new set of aligners will fit tightly and apply pressure to your teeth - this is normal.
- › The aligners may affect your speech and cause a temporary lisp. This is normal and typically goes away in a few days.
- › Use the provided aligner case to store your aligners.
- › Contact your doctor if you experience any issues with how the aligners fit.
- › If dry mouth occurs, be sure to drink plenty of water.
- › Keep aligners away from pets.

eating

- › You may remove the aligners when you eat.
- › To maintain proper hygiene and prevent food and debris from becoming trapped, be sure to clean the aligners and your teeth prior to reinsertion.
- › Keep aligners away from hot, sweet, or colored liquids.

cleaning

- › Cool water and a toothbrush are sufficient to clean your aligners.
- › You may also use DentaSOAK® to clean your aligners.
- › To maintain proper hygiene and prevent food and debris from becoming trapped, be sure to clean the aligners and your teeth prior to reinsertion.

ask your doctor

- › Follow your doctor's recommendations regarding when to change to the next aligner stage.
- › If you suspect an adverse reaction, discontinue use and consult your doctor.
- › Bring the current and previous stage of aligners with you when you go to each appointment.
- › Your doctor, not Great Lakes Dental Technologies, is responsible for managing your orthodontic treatment.