

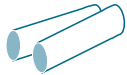
ProClear™

Aligner Custom Guide

INSIDE YOUR ALIGNER KIT:

1

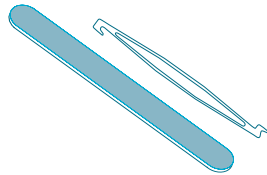
2 CHEWIES



A pair of chewies to help close any air gaps between your teeth and our aligners.

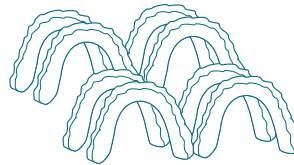
2

1 OUTIE & 1 EMERY BOARD



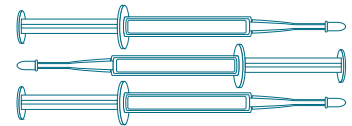
3

SERIES OF COSMETIC ALIGNERS



4

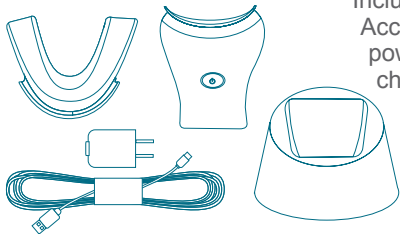
PROCLEAR™ TEETH WHITENING KIT



Includes bleaching tray, mini LED whitening light and 3 syringes with our advanced whitening gel.

5

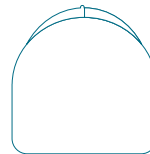
PROCLEAR™ SMILE ACCELERATOR



Includes ProClear™ Smile Accelerator, mouthpiece, USB power cord, wall socket plug and charging cradle.

6

ALIGNER TRAVEL/ STORAGE CASE





FOR BEST RESULTS

Follow Your Guide

Your aligners are carefully packaged and labeled in a custom sequence that provides instructions on which aligners to be worn from start to finish.

For questions and additional support call or e-mail us at:

support@ProClearAligners.com

800-324-0751

www.ProClearAligners.com/support



Something To Smile About

WHEN TO WEAR

Begin by wearing your cosmetic aligners (upper and lower) together for two weeks before switching them out to the next set in your custom sequence.

Wear your aligners at least 22 hours a day, 7 days a week. Failing to wear your aligners for the recommended time could cause the next series of aligners in your kit to not fit properly.

You may remove your aligners while eating, drinking and brushing your teeth. It is important to brush your teeth after each meal/snack and rinse your aligners with cold water before reinserting them in your mouth.

Helpful Tips To Remember:

- The key to a beautiful smile with ProClear™ Aligners is to **wear your aligners every day**. Consistent pressure is important to tooth movement, so the contiguity of wear matters just as much as the sum of hours.
- Always **store your ProClear™ Aligners in the carrying case** when not in use. Do not throw them away before moving to the next step, if you lose them, you will need to repeat the previous step until your replacement arrives. Contact us at 1-800-324-0750 to ship you a replacement. A nominal fee may apply.
- **Always remove your aligners when you eat or drink**. Sugary, acidic, or dark colored beverages and food could get trapped next to your teeth and this could lead to cavities. In addition, some beverages can stain the aligners themselves. Brush and floss after you eat.
- After brushing your teeth, **avoid using colored mouthwash**. Most colored mouthwash products can discolor your aligners. Instead, if you want to keep your aligners clear and sanitized, try soaking them in a clear retainer or denture cleaner.



Chewies, Outies & a Buffer

GETTING THE PERFECT FIT

Included in your ProClear™ Aligner kit are a set of 'chewies' and an 'outie'. Chewies help your new aligners fit just right. We recommend biting down on the chewies as this helps push the trays into place without hurting your teeth or the aligners. Never bite down on your aligners without anything in between - this could damage them.

Your outie is used to remove your aligners in case they get stuck. Simply use one hook end of the tool to pull the aligners down and off, never out as this could damage your aligners.

An emery board is included to help buff and gently smooth any edge of the aligner that may cause irritation on your gums

CHEWIES



EMERY BOARD

(BUFFER)

Used to file, buff and smooth any rough edges of your aligner.

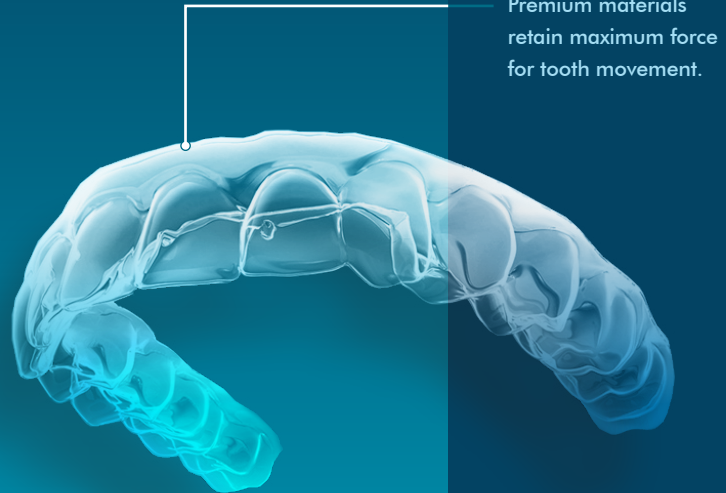
OUTIE

Used to remove your aligners in case they get stuck.

Keep 'Em Nice & Clean!

PROPER CARE

- Wear your aligners daily for best results. You may remove them for eating, drinking , brushing your teeth, flossing and cleaning.
- Always rinse your aligners when you remove them. We recommend you brush and floss your teeth before reinserting your aligners.
- To clean your aligners, gently brush them with a toothbrush and rinse them in luke warm water. Clear antibacterial soft soap works best for cleaning. Using anything but clear soap can cause your aligners to take on alternative hues and shades. Never use hot water on your aligners - it could permanently warp the plastic.



Premium materials retain maximum force for tooth movement.

Soaking them in a clear retainer or denture cleaner helps keep them clean, clear and sanitized.

Whiten & Brighten That Smile



The best time to whiten your teeth is just before bed, after you've brushed your teeth. Wear whitening gel for 30 minutes daily.

Included as a part of your ProClear™ Aligner Kit is our powerful whitening kit. The ProClear™ Teeth Whitening Kit is the perfect, professional way to whiten your teeth at home.

Our kit uses LED light technology along with our whitening gel for faster, longer-lasting results. It illuminates a brilliant blue light and rapidly removes surface stains, while also penetrating deep to lift out embedded stains.

FEATURES:

- Applies in seconds
- Safe and easy to use
- Removes years of stains
- Delivers professional results at home

A close-up photograph of a man's lower face, focusing on his mouth and teeth. He is smiling, showing a full set of bright, white, healthy-looking teeth. He has a light brown beard and mustache. The background is plain white.

FOR BEST RESULTS:

Repeat daily until ideal shade of white is achieved. Track your progress using our Whitening Shade Guide.

FREQUENTLY ASKED QUESTIONS

I feel soreness when I wear my aligners is this normal?

Yes. Pressure and soreness with a new set of aligner trays is completely normal. The aligners are moving your teeth. Leave them in for as long as possible. For discomfort, you can take a pain reliever until your teeth move to accommodate the new tray and the soreness subsides.

The trays are irritating my gums and cheeks?

It is normal for the plastic edges of the aligners to poke out. This may cause irritation or cut your gums or inner cheeks. Should your aligners irritate your gums and cheeks, simply use the emery board to gently file, buff and smooth only the rough, protruding edges or areas that cause discomfort.

I lost one of my trays what do I do?

If you lose or damage your aligner, simply put in the last one you wore in your series to repeat the previous step and contact us 1-800-324-0750 to ship you a replacement. One of our customer service representatives will guide you through the next stage and make sure you are back on track to improving your smile.

My aligners are foggy and my breath is starting to smell. What should I do?

We strongly recommend that you keep your aligners clean and always brush and floss after every meal. Do not eat or drink while wearing your aligners (only cool water). Use a clear antibacterial soap in luke warm water to clean. You may also soak them in a clear retainer or denture cleaner.

When and how long do I wear my ProClear™ Aligners?

Everyday. Wear your ProClear™ Aligners daily as outlined in your custom plan. They may be removed for eating, drinking, brushing your teeth and cleaning.

What type of results should I expect after completing my ProClear™ Custom Plan?

Best results are achieved when you follow your custom guide including the length of time the aligners are worn daily.

**NEED ADDITIONAL HELP?**

Visit us online for additional help,
including tips and tutorials at

www.ProClearAligners.com/Support

**SHOP KITS & ACCESSORIES**

Order your ProClear™ Aligner Kit and
whitening gel refills online at

www.ProClearAligners.com/Shop

The Professional Way To Get a Beautiful Smile
Without Going To The Dentist

www.ProClearAligners.com