



PROL:GNER

Simply **Moving Smiles**



For The **Best**
Version Of **You**

Simply Moving Smiles

Your **PROLIGNERS** have arrived and you're on the brink of a transformation to the best version of you.

Your perfect new smile will simply move into place, one clear aligner at a time, bringing out the best form of you as it does.

By your last aligner, you won't just see the difference, you'll feel it too (along with everyone else).

Are you ready to begin?

Aim For The Best Results

Your doctor will provide you with the necessary information and directions to follow for your PROLIGNER treatment.

Along with your doctors information, follow the basic rules, hints and tips in this manual to ensure you get the best results possible. The closer you follow this guide, the happier you will be with your final smile.

Each Set Needs Two Full Weeks

You must wear each set of aligners for two full weeks. If you don't give each aligner the full two weeks, they will not move into the position that the next set needs in order to be effective. Do not progress early and do not skip a set.

Each Set Needs 22 Hours Per Day

Your PROLIGNERS need to be in your mouth for 22 hours per day. Remove them only for cleaning, eating or drinking anything (except for cool water). Other than these necessary tasks, your aligners should remain in your mouth throughout the day.

Share And Learn

Share your journey and results on the PROLIGNER facebook page or group. Your results may give others encouragement or inspiration when they see your results. You may also find inspiration in others. Additionally, there will be regular prize draws for those who upload their story.

Your Smile Supplies

Within your pack, you will have received some supplies that will help you throughout your journey. Ask your doctor if you require a demonstration or further assistance.

Emery Board (File)

From time-to-time, your clear aligners may need some refining for the purpose of comfort. If you find that an aligner has a sharp edge that bothers you, use your emery board to smoothen the edges.



PROLIGNER Case

Your aligners should be in your mouth for the most part. When they're not, keep this handy hard case with you, to make sure you keep them protected (and clean).



Chewies

When you put each aligner on for the first time, it might take a few minutes for it to feel right. Chew on these to ensure the aligners are pressed gently onto each tooth for a comfortable fit.



The Ins And Outs

Ensure Your Have The Right Set Of Aligners

Each set of aligners are individually packed and marked in order of sequence. Double check you have the right set at each stage.

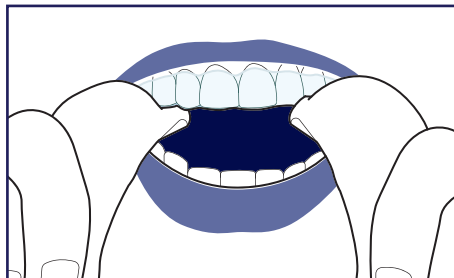
Lower 01
Upper 01

Sarah Smith
PROLIGNER

Fitting The Aligners Comfortably

Press your aligners over your front teeth and push gently. Using your fingertips, apply equal pressure on both your left and right molars until they pop into place (You should hear a click). Do this for both your top and bottom teeth.

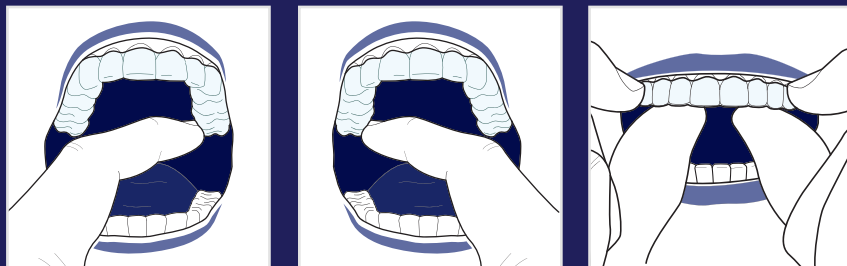
Using your chews, bite down gently across all of your teeth. Your aligners should feel like they are snug to your teeth. If you feel a sharp pain or a sudden discomfort, contact your doctor's office or the PROLIGNER support team for assistance





Taking Them Out

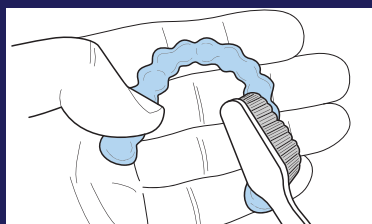
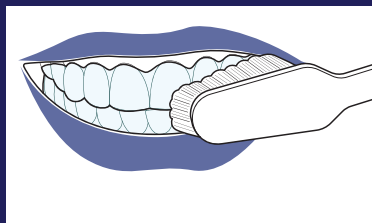
Using your fingertips, on each side of your molars, pry your aligner free. You should feel a pop and they will come out easily.



Keeping Them Clean

Brush your aligners with your toothbrush (without toothpaste) once a day and then rinse them under cool water. Shake the excess water off and pop them in their protective case (if they're not in your mouth, they should be in your case).

Don't clean your aligners with anything other than your toothbrush and cool water and always keep your last set in case you lose or break an aligner.



FAQ's

Will there be pain?

There might be a little pain with each new set which is part of the transformation process, but mostly, any pain is mild.

Can I eat with them?

Please be sure to remove your aligners before eating anything at all. Food may damage your aligners if you eat with them in.

Can I drink with them?

Anything hot or sugary can damage or stain the aligners. The only thing you can drink with your aligners in is cool water.

Will it affect my speech?

Speaking with your aligners in might take a little getting used to but you will adjust quickly and the affects will be mild to unnoticeable.

Can I play sports?

Your aligners will be snug enough for you to do any physical activity without the need to worry they'll come out.

Do I sleep with them?

Keep your aligners in throughout the night. In total, they should be in 22 hours a day, which likely includes bedtime.

Can I swim in the sea?

Yes, you can. You might get a little salt water in your mouth if you swim in the sea, but your aligners will be fine if you clean them daily.

Do I throw them away?

Always keep your last set of aligners. If you lose or break a set, this will give your teeth support to fall back on.

FAQ's

What if I lose an aligner?

If you lose an aligner, immediately go back to your previous set. This will stop your teeth moving. Then call your doctor and a replacement can be organised.

Where do I store my aligners?

Apart from the set you are using, keep them in a cool dry place (in their original box is best). For your current set, store them only in your mouth or in their case.

What if my aligners hurt?

If your aligners are a little tight or nipping your gums, gently polish your aligners with your emery board. If the pain is sharp or intense, ask your doctor for advice.

Do I brush my teeth normally?

First, take your aligners out, then brush your teeth. Then, with a clean brush and water (no toothpaste), clean your aligners.

What if I forget to wear them?

Your aligners only benefit you when they are in your mouth. 22 hours a day and 2 weeks per set of aligners is your new mantra. Breaking the rules will be to your detriment and may mean you require additional aligners.

Will my mouth feel strange?

Your mouth will feel a little different at different stages throughout the process. Remember, your smile is going through a transformation so if it feels strange it's confirmation that it's working.

Retain Your New Smile (Every night)

Once you have completed your aligner treatment, you will need to ensure your teeth stay in their impeccable new order. Without retainers your teeth will slowly migrate back towards their previous position.

It's important that you wear your retainer as you would your aligner (22 hours per day) for the following six weeks upon completion of your treatment plan. After that, wear your retainer to bed every night.

Support Throughout Your Journey

You can also contact our support team at support@proaligner.com with any general queries you may have.

For queries related to your treatment plan, speak directly with your doctor who we will be closely working with throughout your transformational journey.

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www.proligner.com