



## **PATIENT INFORMATION & INSTRUCTIONS**

Thank you for choosing EasiSmile C-Thru... for your perfect smile.

To achieve the optimum results from your treatment here are a few tips on wearing and taking care of your positioners:

### **Wearing Your Positioners:**

1. Each stage should be worn in exact rotation: starting with number 1.
2. The positioners should be worn 24 hours a day and only removed when eating and stored in the box supplied.
3. Positioners should be worn until the positioner is loose fitting.
4. Once the positioner feels loose, move onto the next stage. This can take between 2- 4 weeks. If you are unsure you should contact your clinician.
5. This sequence should be strictly followed to ensure the desired tooth movements and to achieve your perfect smile.
6. On completion of all the stages you will require to wear a retainer.
7. You should regularly consult your treating clinician for advice on treatment progress and what will be required upon completion of the stages.

### **Taking Care of Your Positioners:**

1. Your oral hygiene routine should now include cleaning your positioners every morning and evening, as a minimum.
2. Use your toothbrush to clean the internal surface of the positioner.
3. Keep your positioners away from extreme heat.
4. Do not use any chemicals or boiling water to clean your positioners
5. If any damage is caused to your positioners, contact your clinician immediately.

Following these simple instructions will help you achieve a perfect smile.

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