Welcome to Your RejuvaLine Clear Aligner Journey!Change in the evening so initial tightness happens while you sleep.Push gently until it "clicks" fully into place. 4. Cleaning o Brush aligners gently with a soft toothbrush and cool water (no toothpaste – it scratches). o NEVER use hot water – it will warp them. Eating & Drinking o Remove aligners to eat or drink anything except plain cold water. o Brush teeth (or at least rinse mouth well) before putting aligners back in. Attachments & Elastics (if you have them) o Small tooth-colored "buttons" help the aligners work – do not try to remove them.Emergency Contact Call or message the clinic right away if: o Severe pain (not just pressure) o Aligner breaks or cracks o You lose your last aligner You're on your way to an amazing smile – wear them religiously and you'll love the results!Switching aligners o Remove old aligners using your fingers or an aligner remover tool from .the back teeth forward.2.3.Change them daily

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