

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
 - o 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.