Hi there.

This is it, the moment you’ve been waiting for. Your invisible aligners are here and ready to transform your smile. Follow these instructions to start your smile journey.
Welcome to the club

We are so excited to get you started on your smile journey. You are on your way to a beautiful smile and all the confidence that comes with it. As always, we’ll be here for you the entire time.

If you have any questions or concerns, give us a call at (800) 681-0771. Now, go forth with smiles and grins. :)

YOUR SMILE JOURNEY

1 First Impression

You’ve already made a great first impression. And from that we generated a 3D image of your smile which a licensed dental professional has already assessed to create your smile plan, which begins now!

2 Get Aligned

Now, we’ll be sending you a convenient monthly delivery of invisible aligners and premium whitening directly to your door that will gently straighten and brighten your smile.

3 Smiles are Forever

After you complete your smile journey, you can order retainers to help maintain the smile you love. We recommend getting a new pair every 6 to 12 months to keep them fresh. And feel free to order touch-up whitening treatments any time.
GET ALIGNED

1 Using Your Aligners

You and your aligners are about to have some serious, yet beneficial, bonding time ahead. And your confidence is about to be thrown into hyperdrive. Here's everything you need to know about your new, best buds.

Each aligner set must be worn for 17 hours a day. Every month you’ll receive 3 sets of aligners. Wear the first set for 1 week, the second for 1 week, and the last set for 2 weeks. You'll repeat this process until the end of your treatment plan. Always save your last set just in case you break or lose an aligner.

PUTTING IN: Gently push your aligners over your front teeth. Then apply equal pressure, using your fingertips, to fit them to your molars. They should “snap” into place. Oh snap, they look good on you! Also, it’s normal to chew on your Chewies until the aligners feel properly seated in your mouth. If you experience a sharp pain or significant discomfort, discontinue use of your aligners and contact the customer care team at (800) 681-0771

IDENTIFYING THE CORRECT ALIGNERS: Each and every aligner will have a letter and number combo printed on it. The “W” is for the week and the “1” is for what step you’re on in your treatment plan. For example, “W1” is your first week of aligners for the month.

TAKING OUT: First, use your fingers to slowly remove the aligners from your molars on the side of your mouth. Then slowly work your way around to the other side. Your teeth and aligners are best buddies. It would seem rude not to give them the proper amount of time to say goodbye. If you are having a hard time, you can always use your trusty Outie tool to help grab the aligners off your teeth. What’s an Outie tool? We’ll introduce on the next page.

CLEANING: Remove your aligners and rinse them under cool water, shake off extra water, and store them in their case.

UH-OH!: In rare instances, some people may be allergic to the plastic aligner material. If this happens to you, discontinue use and consult a health care professional immediately. SmileDirectClub must also be notified. Orthodontic appliances or parts of the appliances, may be accidentally swallowed or aspirated and may be harmful.

Although, if you’re eating your aligners we have bigger problems to talk about.

Questions? SmileDirectClub.com or (800) 681-0771
GET ALIGNED

2 Aligner Tools

Meet the grin gang. They’re here to make using your aligners easy. Here’s a quick rundown on how to use each one of them. If one of the members goes AWOL, feel free to call us if you need a replacement.

**CHEWIES:** When you first put in your aligners you may notice that they are not fully seated on your teeth. Chew them like a piece of gum. Move them from one side of your teeth to the other to make sure your aligners (a.k.a cloak of invisible confidence) are fully set.

**OUTIE TOOL:** Use your Outie tool to help you take your aligners out. Use one hook to pull lower aligners up and off teeth. Use the other hook to pull upper aligners down and off teeth. Never pull outward with the Outie tool, it will damage your aligners. Do not use to catch extremely tiny fish.

**EMERY BOARD:** Hey, we think your nails look great. This emery board is not for that. Your invisible aligners are custom made, but you might want to fine-tune your fit. Use it to smooth any edges for your personal comfort.

**CASE:** Your aligners are homebodies. They should really only have two homes: their case and your mouth. Always store your aligners in their case. Don’t throw them in your pocket or leave them on the bathroom sink. They’re invisible so they may end up getting stepped on or thrown away. That’s nothing to grin about.

Questions? SmileDirectClub.com or (800) 681-0771
GET ALIGNED

3 Brighten Your Smile

Brighten your smile while you straighten it by using your complimentary whitening by GLO™.

BEFORE WHITENING: Brush top and bottom teeth for a full 2 minutes. Then be sure to floss!

APPLY GEL: Squeeze gel to tip. Apply gel in a circular motion to top and bottom teeth. Avoid contact with gums. Gel will foam. Gel will penetrate teeth and disappear.

PREPARE WHITENER: To remove cap, twist then pull cap off. When finished, snap cap back into place and turn it to click shut.

Questions? SmileDirectClub.com or (800) 681-0771
**My Aligners and Me**

**No Pain, No Grin Gains**
It's perfectly normal to experience some discomfort during your treatment. If you don't feel any discomfort, you're all set.

**About the Lisssp**
It's very common to have a slight lisp for the first few days after wearing a new set of aligners. Just roll with it. Eventually, your mouth will get used to having the aligners in.

**Catching Some Shut-Eye with Your Aligners**
Is it okay? Of course, now catch some ZZZ’s.

**What to Do When You’re Out to Dinner**
There's no romantic way to remove your aligners. We recommend taking them out before your dinner date begins. After your meal, give them a quick rinse and then pop them back in. Drool is never cute.

**Making Out**
So depending on how that dinner date goes, we have some advice. Actually we don’t, this is entirely your call. Sorry it got weird, moving on!

**Eating and Your Aligners**
Unlike braces, you can eat or drink whatever you want. There's just one catch: you have to take your aligners out before consuming your tasty treats. That's not really a catch, but a bonus. Oh, always brush your teeth before putting your aligners back in. And give them a little rinse too.

It is always a good idea to thoroughly wash your hands with soap and water before handling your aligners.

**Drinking and Your Aligners**
You should only drink cool water while wearing your aligners. Hot liquids will damage or warp your aligners and other beverages, like soda, encourage cavities and stains. So if you're going to drink all of the above, just take your aligners out. Beat that braces!

**What’s the Word on Chewing Gum While Wearing Aligners?**
No

**Smoking**
You really shouldn't smoke while wearing your aligners. The smoke can stain them and give you permanent yuck mouth. Please don't smoke.

Questions? SmileDirectClub.com or (800) 681-0771
**If I Only Knew**

**Just a Little Tune-Up**
Break out the emery board if your aligners are feeling a little too snug around your gums. Use it gently to sand and round any edges that are uncomfortable. Hey, we call it your gum’s best friend for a reason. But be extra careful, if you sand too much, you might damage the aligners.

**Scrub-a-Dub-Dub Your Aligners**
You should always rinse your aligners with cool water every night. But if you really want to clean the nooks and crannies of your aligners grab a soft toothbrush (electric is good too) and have at it. Food that gets trapped in aligners will promote cavities and strange looks from loved ones.

**Aligner Down**
Break an aligner? It happens, we’re all human. First, immediately go back to wearing your previous aligner set. This way your teeth will stop from shifting back. Then give us a call at (800) 681-0771 to order your replacements.

**Important:** Don’t throw you aligners away. Keep all of your aligners after you’re finished wearing them and store them in a cool, dry place. You’ll need these if you lose or break an aligner.

**My Teeth Feel, All, Strange and Stuff**
Until you’ve completed your treatment plan your teeth may feel a little strange. This is all normal. Your teeth are being gently moved with each set of aligners you wear. It’s like a beautiful tooth puzzle coming together piece by piece. By the way, if your teeth don’t hurt that’s fine too.

**No Wear, No Bueno**
Not wearing your aligners for the prescribed amount of time is not good. It will negatively impact your results. Additional aligners might be necessary to get the smile you love.

**Get a Grip, Aligners**
Sometimes your new aligners won’t fully snap into place. Because your teeth are moving, there might be minor differences between the new aligners and your current tooth position. Also, as you approach the end of each step you may feel your aligners are looser. This is normal. It just means your teeth are real go-getters and are ready for the next step.

Questions? SmileDirectClub.com or (800) 681-0771
Do’s and Don’ts

Do
Protect your aligners from the sun, hot cars or excessive heat.

Do
Keep your aligners stored safely away from pets or children when you’re not wearing them.

Do
Regular dental checkups and cleanings are recommended for the continued health of your teeth and gums.

Do
Clean your aligners before putting them in every time.

Do
Brush and floss your teeth before putting your aligners in.

Do
Store your aligners in your case.

Do
Only use cold water when cleaning or rinsing your aligners.

Do
Use a soft bristle toothbrush and a small amount of toothpaste to get a more thorough clean. Rinse with water after cleaning.

Don’t
Use sharp objects to remove your aligners.

Don’t
Wrap your aligners in a napkin or paper towel, or they may crack.

Don’t
Use hot water to clean your aligners and don’t place them in the dishwasher. High temperatures can damage them.

Don’t
Use denture cleaner on your aligners or soak your aligners in mouthwash since this can damage or discolor them.

Don’t
Wear aligners while eating or drinking anything other than cool water.

Don’t
Bite your aligners into position. This can damage your aligners and your teeth.

Questions? SmileDirectClub.com or (800) 681-0771
Retainers

Your teeth are going to want to slip back into their old habits and places. Retainers are the only way to keep your smile in place and protect the investment you’ve made. You’ll wear your retainers for the first six weeks as you would an aligner. After that, you’ll want to wear your retainers only while you sleep. We recommend replacing your retainers every six months to keep them fresh.

Call us at (800) 681-0771 to make sure your retainers ship automatically at the end of your treatment.

Keep an eye out for emails from us. We’ll be in touch during your treatment to make sure you’re okay and to get the occasional photo for a progress update. Depending on your plan, you may only hear from us at the end of your treatment.

If you have any questions, comments, or concerns just call a SmileExpert (a real, live human) at (800) 681-0771

We’re here for you. We don’t judge, we grin.