



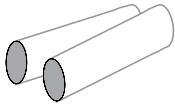
*A beautiful smile you can trust*

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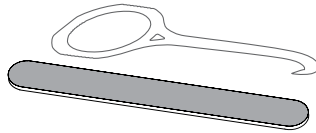
*Amazing Smile Guide*

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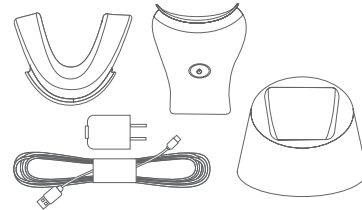
# Inside your aligner kit:



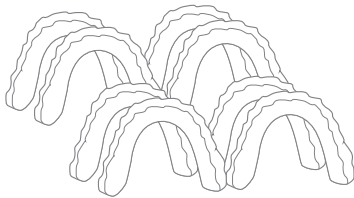
**1 2 CHEWS**



**2 1 ALIGNER REMOVAL TOOL  
1 ALIGNER FILE**



**3 PARK DENTAL  
SMILE OPTIMIZER**



**4 SERIES OF CUSTOM ALIGNERS**



**5 ALIGNER TRAVEL/STORAGE CASE**



**FOR BEST RESULTS**

## Follow Your Guide

Your aligners are carefully packaged and labeled in a specific sequence according to your doctor's custom plan for your smile.

Contact your doctor if you experience any issues or have questions about your treatment plan.

**You are on your way to an amazing new smile!**

A black and white photograph of a woman with dark, curly hair, smiling broadly. She is wearing large hoop earrings and a dark top. The background is a solid dark blue.

# Something to smile about

## WHEN TO WEAR

Begin by wearing your custom aligners (upper and lower) as prescribed by your doctor. On average, you will wear each set of aligners for two weeks before moving to the next set. Depending on the individual plan from your doctor, you may wear your aligners a little differently than outlined in this guide.

Wear your aligners **at least 22 hours a day, 7 days a week**. Failing to wear your aligners for the recommended time could cause less movement of your teeth than will be required for the next set of aligners to fit properly.

You may remove your aligners while eating, drinking and brushing your teeth. It is important to brush your teeth after each meal/snack and rinse your aligners with cold water before reinserting them in your mouth.

# Helpful tips to remember:

- The key to an amazing smile is to **wear your aligners every day**. Consistent pressure is important for tooth movement, so wearing your aligners regularly and consistently matters just as much as wearing them the appropriate length of time each day.
- Always store your **Park Dental™ Aligners in the travel case** when not in use. Keep each set of aligners until you know that the next set fits properly. If you misplace your aligners, you will need to contact your doctor immediately for a replacement. It is important to keep your treatment plan on track. Delaying replacements can result in starting over with new impressions and re-planning your treatment.





- **Always remove your aligners when you eat or drink.** Sugary, acidic, or dark colored beverages and food could get trapped next to your teeth and this could lead to cavities. In addition, some beverages can stain your aligners. Brush and floss after you eat.
- After brushing your teeth, **avoid using colored mouthwash.** Most colored mouthwash products can discolor your aligners. If you want to keep your aligners clear and sanitized, try soaking them in a colorless cleaner for retainers or dentures.

# Accessories

## GETTING THE PERFECT FIT

Included in your Park Dental™ Aligner kit are a set of “chews”, an aligner removal tool and an aligner file. Chews help your new aligners fit just right. We recommend biting down on the chews when inserting your aligners, as this helps push the trays into place without hurting your teeth or the aligners. Never bite down on your aligners without something in between—this could damage them.

The removal tool is used to help remove your aligners, if needed. Simply use the hook end of the tool to pull your upper aligners down, or lift your lower aligner up to remove. Do not use the removal tool to pull your aligners straight out (horizontally), as this can cause damage to the aligners and they will no longer fit properly.

An aligner file is included to help buff and gently smooth any edge of the aligner that may cause irritation on your gums.



### ALIGNER FILE

Used to file, buff and smooth any rough edges on your aligner.



### REMOVAL TOOL

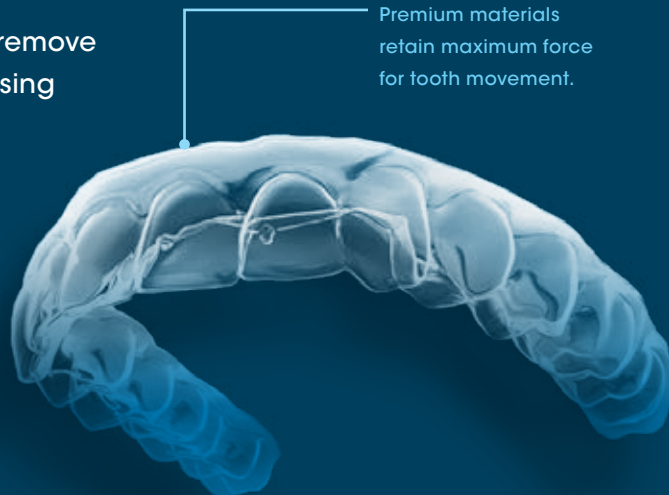
Used to remove your aligners if needed.



# Keep 'em nice & clean!

## PROPER CARE

- Wear your aligners daily for best results. You may remove them for eating, drinking, brushing your teeth, flossing and cleaning.
- Always rinse your aligners when you remove them. We recommend you brush and floss your teeth before reinserting your aligners.
- To clean your aligners, gently brush them with a toothbrush and rinse them in lukewarm water. Clear, antibacterial liquid soap works best for cleaning. Using anything other than clear soap can cause your aligners become discolored. Never use hot water on your aligners—it could permanently warp the plastic.



Premium materials  
retain maximum force  
for tooth movement.

Soaking your aligners in  
a colorless cleaner for  
retainers or dentures helps  
keep them clean, clear  
and sanitized.



# Help to alleviate discomfort

## CHARGING INSTRUCTIONS:

- Place smile optimizer in charger cradle
- Insert USB cable into charger cradle
- Plug into power source
- Charge device for 2 hours
- The button will flash blue when a recharge is needed

## OPERATION:

- Attach the included mouthpiece to the smile optimizer
- Press the device button to power on
- Place the device in your mouth using the recommended times below:
- 10 minutes in the morning
- 10 minutes in the evening

## HOW TO CLEAN:

- Remove the mouthpiece from the device
- Clean mouthpiece with water and liquid soap
- Rinse thoroughly



## PARK DENTAL SMILE OPTIMIZER™

Park Dental Smile Optimizer provides low frequency vibrations (30Hz) designed to help alleviate the discomfort associated with braces and invisible aligners, while promoting faster results.

## KIT CONTENTS:

- Smile Optimizer & Mouthpiece
- USB Cable
- Charger & Wall Socket Plug
- Charger Cradle

# Frequently Asked Questions

## **I feel soreness when I wear my aligners. Is this normal?**

Yes. Pressure and soreness with a new set of aligner trays is completely normal. The aligners are moving your teeth and this causes resistance and pressure, but you need to leave your aligners in place to get your new smile. For discomfort, ask your doctor if you can take a pain reliever until your teeth move to accommodate the new tray and the soreness subsides. If soreness does not subside, contact your doctor for further instruction.

## **The aligners are irritating my gums and cheeks?**

The aligner material must be fairly rigid to have the strength to move your teeth. This may cause irritation to your gums or inner cheeks. If your aligners irritate your gums or cheeks, simply use the aligner file to gently file, buff and smooth any rough, protruding edges or areas that cause discomfort. If irritation continues, contact your doctor for further instruction.

## **I lost one of my aligners. What do I do?**

If you lose or damage your aligner, simply use the aligner from the previous step and contact your doctor right away to ship you a replacement. Your doctor will guide you through the next stage and make sure you are back on track to improving your smile.

## FAQs

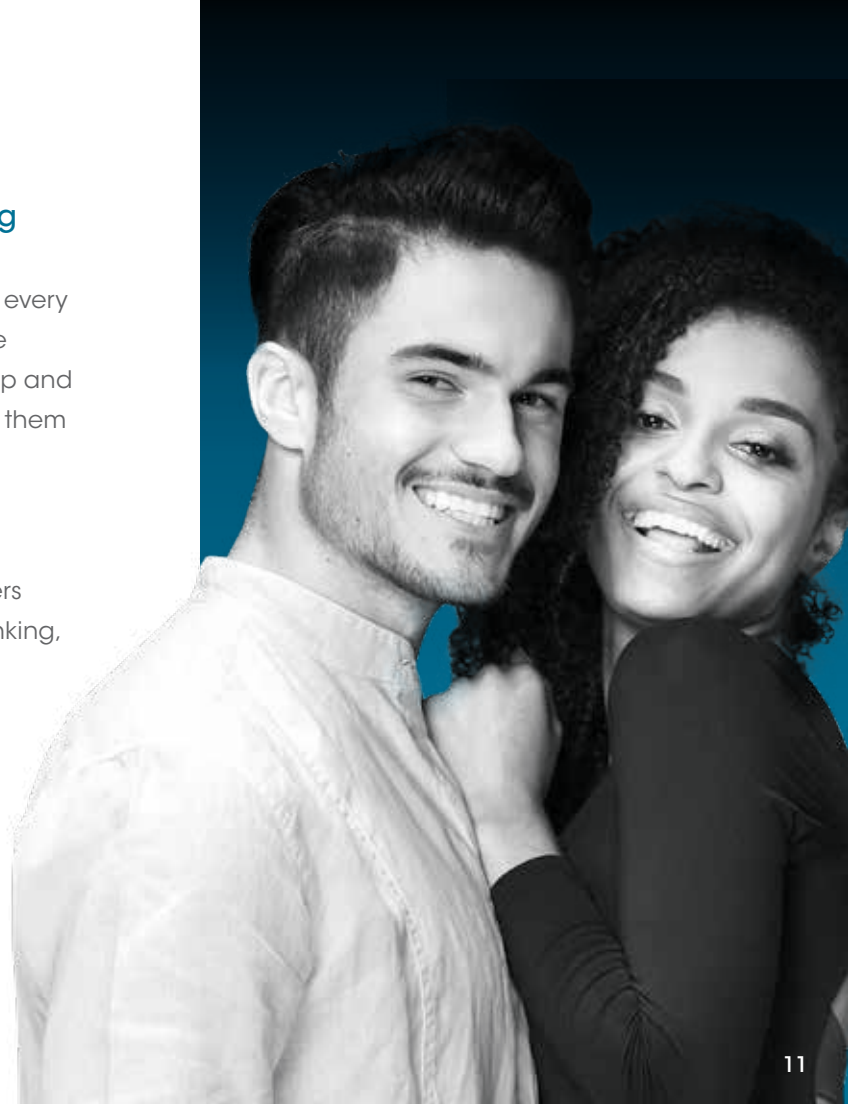
### My aligners are foggy and my breath is starting to smell. What should I do?

Keep your aligners clean and always brush and floss after every meal. Do not eat or drink anything except cool water while wearing your aligners. Use a clear, antibacterial liquid soap and lukewarm water to clean your aligners. You may also soak them in a colorless cleaner for retainers or dentures.

### When and how long do I wear my aligners?

Unless directed otherwise by your doctor, wear your aligners 20-22 hours per day. They may be removed for eating, drinking, brushing your teeth and cleaning.

*You are on your way to  
an amazing smile!*





*Your dentist loves you!*

