



SURESMILE HOME INSTRUCTIONS AND OVERVIEW:

1. YOUR ALIGNERS MUST BE WORN BETWEEN 22-23 HOURS/DAY FOR THE DURATION OF YOUR TREATMENT. ONCE YOU FINISH WITH YOUR ALIGNERS AND GET YOUR RETAINERS, THEY TOO WILL BE WORN THE SAME WAY FOR THE FIRST 3 MONTHS. AFTER THAT, THEY ARE TO BE WORN NIGHTLY FOR LIFE. IF NOT, YOUR TEETH WILL MOST DEFINITELY DRIFT AND RESULT IN MALOCCLUSION AND MALALIGNMENT AGAIN. KEEP THE RETAINERS BY YOUR TOOTHBRUSH SO AFTER YOU BRUSH, THEY ARE RIGHT THERE AND READY TO BE WORN. YOU HAVE ALREADY SHOWN INTEREST IN YOUR ORAL HEALTH BY GOING THROUGH THIS TREATMENT, SO PLEASE DON'T WASTE YOUR INVESTMENT, AS WE WOULD LIKE YOU TO KEEP YOUR TEETH FOR THE REST OF YOUR LIFE.
2. THE ALIGNERS MUST BE REMOVED WHEN EATING OR CONSUMING ANY ACIDIC LIQUIDS (EX., WINE, COFFEE, TEA, ETC.). LIQUID WILL MIGRATE INTO EVERY NOOK AND CRANNY, AND YOU DON'T WANT THE ACID COATING THE TEETH WHILE WITHIN THE ALIGNERS FOR AN EXTENDED PERIOD. IF YOU ARE UNABLE TO REMOVE THE ALIGNERS BECAUSE YOU ARE IN A PUBLIC SETTING, THEN PLEASE DRINK AS MUCH WATER AS YOU CAN AS SOON AS POSSIBLE TO HELP DILUTE THE ACIDIC LIQUIDS UNTIL SUCH TIME AS YOU CAN REMOVE THE ALIGNERS AND RINSE THEM AND YOUR MOUTH THOROUGHLY. AS A BONUS, YOU WILL NOTICE THAT YOU ARE NOT SNACKING AS MUCH AS YOU USED TO!
3. YOU DO NOT NEED TO REMOVE THE ALIGNERS WHEN DRINKING WATER.
4. IF YOU ARE A SMOKER, PLEASE REMOVE THE ALIGNERS WHEN YOU SMOKE. SMOKING IN ANY FORM IS NEITHER GOOD NOR HEALTHY FOR YOU. PLEASE TRY TO QUIT. IF YOU HAVE TRIED EVERY OPTION AND ARE UNSUCCESSFUL, PLEASE DISCUSS HYPNOTHERAPY OPTIONS WITH ME.
5. WHENEVER YOUR ALIGNERS ARE TAKEN OUT, THEY SHOULD BE RINSED OUT AS SOON AS POSSIBLE SO THAT THE SALIVA DOES NOT DRY IN THE ALIGNERS.
6. ALWAYS USE A FOAMY HAND SOAP OR DISHWASHING LIQUID WITH AN OLD TOOTHBRUSH OR YOUR FINGERS TO CLEAN THE APPLIANCES. WE GIFT YOU AN ULTRASONIC DEVICE THAT SHOULD BE USED AT NIGHT AND IN THE MORNING TO CLEAN YOUR APPLIANCES PROPERLY.



7. A VIBRASONIC DEVICE HAS ALSO BEEN DISPENSED AND MUST BE USED DAILY TO HELP YOUR TREATMENT PROCEED SMOOTHLY. PLEASE SCAN THE QR CODE ON THE BOX FOR AN INSTRUCTIONAL VIDEO FOR PROPER USAGE. A REPLACEMENT UNIT IS ABOUT \$300.00, SO PLEASE DON'T LOSE IT.
8. SHOULD AN "ATTACHMENT" OR AN "ELASTIC BUTTON" COME OFF, PLEASE CALL THE OFFICE TO LET US KNOW SO WE CAN GET YOU IN AND REPLACE IT AS SOON AS POSSIBLE.
9. IT IS IMPERATIVE TO STAY IN SEQUENCE WITH YOUR ALIGNERS AS OUTLINED, ADVANCING TO THE NEXT SET EVERY TWO WEEKS. **PLEASE DO NOT ADVANCE TO THE NEXT SET SOONER THAN THE TWO WEEKS.** YOU WILL DAMAGE YOUR TEETH. IF, FOR WHATEVER REASON, YOU DID NOT WEAR A PARTICULAR SET OF ALIGNERS DAILY AS INSTRUCTED FOR THE TWO WEEKS, THEN PLEASE WEAR THEM FOR A FEW MORE DAYS OR ANOTHER WEEK BEFORE MOVING FORWARD TO THE NEXT SET.
10. IF YOU SHOULD LOSE A SET OF ALIGNERS, THEN GO BACK TO THE PREVIOUS SET AND LET US KNOW SO WE CAN ORDER YOU A NEW SET. CHARGES WILL APPLY.
11. YOU ARE A HUMAN BEING AND NOT A COMPUTER-GENERATED VIRTUAL MODEL. SO PLEASE UNDERSTAND THERE ARE TIMES WHEN YOUR TEETH WILL NOT TRACK (MOVE) AS THEY SHOULD, AND IF THAT IS TO HAPPEN, THEN REFINEMENT RECORDS WILL BE TAKEN TO GET YOU BACK ON TRACK. THERE IS NO ADDITIONAL FEE PROVIDED YOU HAVE BEEN COMPLIANT WITH YOUR TREATMENT.
12. ONCE TREATMENT HAS BEEN COMPLETED AND ALL ADJUSTMENTS MADE, FINAL RECORDS WILL BE TAKEN TO HAVE YOUR RETAINERS FABRICATED. WE INCLUDE THE FIRST SET OF RETAINERS IN YOUR TREATMENT, AND FOR WHICH THERE ARE NO ADDITIONAL CHARGES. AS YOU WILL BE WEARING THEM FOR THE REST OF YOUR LIFE, IT IS PRUDENT TO HAVE 2 OR 3 MORE SETS ORDERED AND FABRICATED AT THE SAME TIME. THE COST IS \$125 PER SET (UPPER AND LOWER) AT THAT TIME VERSUS \$850 PER SET ONCE YOUR SURESMILE PROGRAM HAS FINISHED.
13. PLEASE DON'T HESITATE TO CALL THE OFFICE IF YOU NEED ANY FURTHER INFORMATION.