

# MEMORYALIGNER

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## Instructions to Patients

- Use the **first two** sets of aligners (upper and lower) for 2 weeks each, 4 weeks in total. Then 1 week each for the remaining aligners (number 3 onwards).
  - Wear the aligners all the time except for when eating and brushing.
  - Don't be without the aligners for more than 2 hours a day, otherwise the teeth might not move as predicted.
  - Make sure the aligners are fitting properly, otherwise the teeth won't move as predicted and the aligners might fracture.
  - Putting on the aligners: It's recommended to put the aligners in warm water to soften them, so they fit easily. They will gradually harden into the planned design when exposed to mouth temperature.
  - Removing the aligners: If the aligners are difficult to remove, rinse your mouth with warm water to soften them, then they come out easily.
  - Cleaning the aligners: You can put them in boiling water (up to 1 min) for disinfection or use cleaning products suitable for aligners.
- \*Please note:** Other aligner brands or retainers may permanently deform if exposed to warm temperatures.