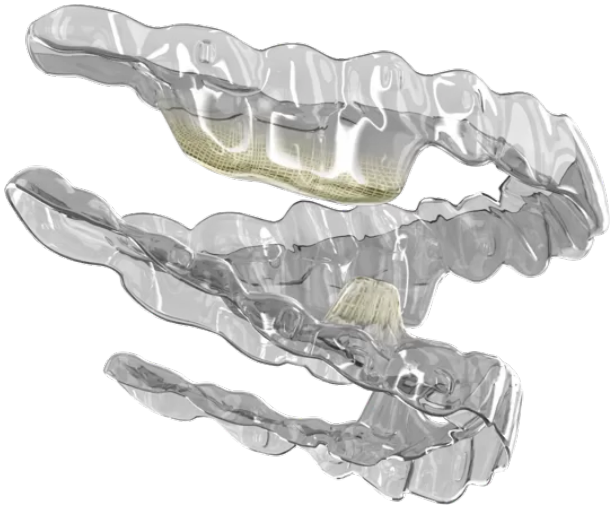
ACAOO
The Australian Centre for AI Orthodontics and Orthopaedics

Smartee (S8-SGTB) Digital Twin Block Clear Aligners Guideline



https://www.youtube.com/watch?v=RWxO7vt6SzY

How to differentiate the upper and lower aligners?

The upper aligner has two obvious bulges to fit the incisors.

How to wear your aligners?

Before wearing them, you should carefully clean your mouth and hands.
Wear the aligners in the order of “from the middle to the two sides”. Take the upper aligner for example, aim at the incisors, gently push the aligner on the anterior teeth with your fingers, then press the aligners backward.

How to remove your aligners?

Removing aligners is just the reserve of wearing them. In the order of “from the two sides to the middle”, gently pull the edge of the aligners. Pull at both left and right sides alternately from back to front until the aligners are totally removed.
For the aligners that are hard to remove, you can use a Smartee removal tool. Hook the edge of the aligners with the removal tool, pull gently and repeat several times from side to side.

Eat while wearing aligners

In the process of mandibular repositioning, you need to eat while wearing aligners, so soft and liquid food is recommended.
Since you need to eat while wearing the aligners, you should promptly clean the aligners and your mouth after eating.

How to clean the aligners?

To clean the aligners, you can use a toothbrush with a small amount of toothpaste, or soak them sufficiently with a cleaning tablet, or you can use the ultrasound cleaner from our goodies bag.
When wearing GS aligners for the first time, you may have some discomfort, they usually go away after a few days. Generally, you will get used to it after one or two months.

Follow the instructions of your orthodontist

In general, when wearing GS aligners from step 1 to step 30, change to the next steps aligners every 10 days.
From step 31, change to the next step's aligners every 7 days.

Since the bite force varies from person to person. The bite splint might collapse if you bite too hard when eating, but it doesn't affect the orthodontic effect. So don't worry about it.
If the GS aligners are broken due to your heavy bite force, you can turn to the previous or next pair. Follow your orthodontist's instructions for change frequency.