

# WHAT TO EXPECT WITH ALIGNERS

Hey there, smile superstar! We're here to guide you through **your journey to a stunning smile with your new aligners.** Buckle up and get ready for a wild ride filled with straight teeth and loads of confidence. Let's jump right in with these awesome tips!

**1. Embrace the magic of aligners:** Your aligners are like secret agents working to straighten your teeth, without anyone even noticing! **Wear them for the recommended duration each day to unleash their full superpower.** Trust us, the results will leave you feeling like a superhero.

**2. Keep it clean, keep it fresh:** Don't forget to maintain impeccable oral hygiene during your aligner journey. **Brush your teeth after every meal and before putting your aligners back in.** It's like a refreshing spa treatment for your pearly whites! Plus, clean aligners make for a much more pleasant experience.

**3. Time for a snack attack:** Good news, snack lovers! **With aligners, you can still enjoy your favorite treats without any hassle.** Just remove

your aligners before indulging in your snack time, brush your teeth afterward, and pop those aligners back in. Snacking has never been so convenient!

**4. Case it up, baby:** **Whenever you take out your aligners, be sure to store them safely in their case.** It's like a cozy little home for your aligners when they're not busy perfecting your smile. Plus, it'll save you from any accidental "oops, I misplaced my aligners" moments!

**5. Keep those aligners crystal clear:** Clean aligners make for happy teeth! **Rinse your aligners with cool water whenever you remove them, and gently brush them with a soft toothbrush** to keep them fresh and sparkly. Remember, your aligners are your allies in this smile makeover.

**6. Stay on track:** Your aligner treatment plan will have **specific instructions for when to switch to the next set.** Follow it diligently to ensure maximum progress and achieve that radiant smile you've always dreamed of. You've got this!

**7. Smile, darling, smile:** Throughout your aligner journey, **don't forget to flash those pearly whites!** Your smile is your superpower, and with each passing day, it's getting closer to perfection. Show the world the amazing transformation happening right under their noses!

Armed with these tips, your aligner experience will be smooth sailing. So go out there, rock those aligners like a boss, and get ready to unveil your incredible new smile. You're on your way to becoming a smile superhero!