

dream smile

User Guide



How to Wear Your Dream Smile Aligners

Step 1



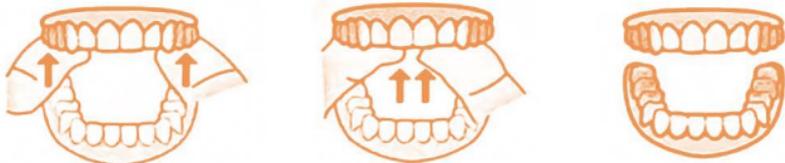
Submerge the device completely in hot water 60°C for about 10 seconds.

Step 2



Place the device on teeth.

Step 3



Fit in the device in the direction of the arrow.

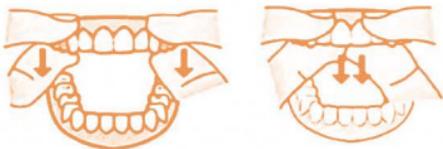
How to Remove Your Dream Smile Aligners

Step 1



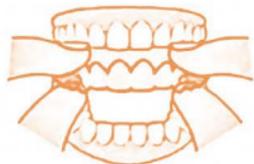
Rinsing your mouth with warm water can help loosen them, making removal easier.

Step 2



Remove the device by pulling it from the molars to the anterior. Do not apply excessive force.

Step 3



Once removed, wash it under running water and store it inside the Dream Smile case. If you have an ultrasonic cleaner, clean your aligners according to the provided instructions before wearing again.

Frequently Asked Questions



Question 1 What is a Contour Memory Aligner?

A Contour Memory Aligner is a patient-tailored orthodontic device manufactured by direct printing with a 3D printer. It's developed by **Dream Smile** in the Philippines using the latest technology and materials available in the market.



Question 2 How many hours a day should I wear it?

Wearing the device for as long as possible during the day ensures the effectivity of the treatment. It is recommended to wear the aligners for at least 20 hours per day, excluding meal time.



Question 3 Is it normal to feel pain when wearing the device?

You may experience pain when wearing the device for the first time. This is normal because gentle force is applied to your teeth. If the pain persists after 3 to 4 days, consult your dentist.



Question 4 How do you clean, disinfect and store?

Your **Dream Smile** aligners can be cleaned by using toothpaste and toothbrush under running water. It can also be cleaned by using hot water. When the device is not worn, store it inside the supplied case and keep in a cool place. If you have an ultrasonic cleaner, clean your aligners according to the provided instructions before wearing again.

Frequently Asked Questions



Question 5 **Is there an age limit for the treatment?**

There is no age-limit for the treatment, as long as the gums and teeth are healthy. If you are a child or an elderly, consult with your dentist to determine the correct treatment plan.



Question 6 **What if the device is damaged or lost?**

If the device is damaged or lost, please consult your dentist to request for a new device. A separate fee may be incurred for requesting the replacement device.



Question 7 **Can I eat while wearing the device?**

Remove the aligners before eating. Clean the aligners before putting them back on after eating.



Question 8 **How often should I visit the dentist?**

The frequency of your visits depends on your treatment plan. Please consult your dentist about your schedule.



Question 9 **What if my gums are swollen?**

Dream Smile aligners are harmless to the human body. However, some individuals may experience different reactions to the device. It is important to contact your dentist if you experience any discomfort or unexpected reactions.



QUICK REMINDERS



REMOVE YOUR ALIGNERS
BEFORE EATING



DO NOT USE SHARP OBJECTS
TO CLEAN YOUR ALIGNERS



WEAR 20 HOURS A DAY



WASH THE ALIGNER AND
MAINTAIN GOOD ORAL HYGIENE

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