



## Using Your Graphy Aligners

Your Graphy Aligners are special 3D-printed aligners that help move your teeth gently. They use heat to work better, making them different from regular aligners.

### How They Work:

- **Cold:** Stiff, can break if bent too much.
- **Hot:** Soft and easy to put in.
- **Warm (in your mouth):** Go back to shape and move teeth.

### How to Put Them In:

1. **Hot Water:** Run hot water from the faucet.
2. **Dip:** Put aligners in hot water for 30 seconds.
3. **Put On:** Take out, quickly put over teeth. Gently stretch if needed.
4. **Push Down:** Use fingers, push aligners down. They might feel loose at first.
5. **Check:** Make sure they fit. If they hurt, tell us!

### Taking Them Out/In:

- Shape might change a bit when out.
- Don't bend or twist hard, they can break.
- Warm with hot water to put back in.

### Cleaning:

- Brush with a soft toothbrush.
- No toothpaste or strong cleaners.
- For extra clean, put in very hot water (not boiling) for 5 minutes.

### What's Different?

- Feel different than regular aligners.
- A bit thicker, work better.
- Careful when cold, they can break.
- **Push Down:** Use your fingers to gently push the aligners down onto your teeth. They might feel a little loose at first, but they'll tighten up as they return to body temperature.