

use the aligner remover provided.

3. Do not use any sharp objects to remove your aligners

4. After removal, immediately rinse the aligners with water, shake off excess water, and store them in the protective case provided with your starter kit.

DAILY CARE & MAINTENANCE

- Rinse each aligner thoroughly with water after every removal.
- Clean the aligners using warm (not hot) water.
- Always store your aligners in the provided case when not in use.
- Ensure aligners are clean and dry before storing them in the provided case.
- Do not use denture cleaners or soak aligners in mouthwash. These products may damage or stain the aligners, making them dull and less transparent.

CAUTIONS

- Avoid chewing gum and drinking hot liquids while wearing aligners.
- Certain foods and drinks can stain your aligners.
- Always brush your teeth after every meal and before reinserting your aligners to prevent staining and maintain oral hygiene
- To keep your aligners clean and hygienic, sterilize them daily by rinsing with warm water for 1 minute
- Keep aligners out of reach of children and pets.
- Always wash your hands thoroughly with soap and water before handling your aligners.
- Handle only one aligner at a time.
- Store used aligners (after sterilizing in hot water) in the pouch provided with the step number.
- Always follow your doctor's instructions on when to switch to the next set of aligners.
- Overuse of the same aligner may cause mouth ulcers or soreness. If this occurs, discontinue use and contact your orthodontist.

CONTRA INDICATIONS

NOT TO BE USED IF YOU ARE ALLERGIC TO PLASTICS



Graphy



Shape Memory
Aligner®
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ABOUT GRAPHY ALIGNER

Graphy aligners are the world's first innovative and latest 3D-printed direct aligners featuring advanced shape memory properties – an important feature for effective and controlled tooth movement within biological force limits.

WHAT IS THE SHAPE MEMORY PROPERTY OF GRAPHY ALIGNERS?

Conventional aligners available in the market are made from PET plastic material, typically used for producing PET bottles or water bottles. Graphy aligners, on the other hand, are 3D-printed using TC85DC, a research-grade material with shape memory properties. This material can regain its original shape at 30–40°C or body temperature. Once the aligner is immersed in warm water, it becomes soft and easy to wear, as it snugly fits the undercut areas of the teeth. This high level of precision is achieved by its 3D printed structure and shape memory properties.

WHAT MAKES GRAPHY ALIGNERS MORE EFFECTIVE THAN CONVENTIONAL PET ALIGNERS

Graphy aligners provide a snug, secure fit that hold the teeth more precisely, applying gentle, biologically safe forces without causing pain or discomfort. This enhances patient comfort and accelerates tooth movement. In fact, treatment time with Graphy aligners can be reduced by up to 50% compared to conventional aligners.

GENERAL INSTRUCTIONS:

- Each aligner should be worn for 1 week (7 days only).
- Aligners should be worn full time – day and night – except while eating or brushing your teeth
- In case of loss, damage, or breakage of your aligners, report to your treating doctor immediately.
- Mild discomfort is normal at the beginning as your teeth begin to shift and adjust to the correction. Rest assured, this is a normal part of the process and usually resolves within a few days.

TIPS FOR SUCCESS

FIRST 48 HOURS

Wear your new aligner tray consistently during the first 48 hours to kick-start each stage of your treatment effectively.

22-HOUR COMMITMENT

For best results, wear your aligners at least 22 hours a day to ensure optimal results and faster treatment progress

WEEKLY ALIGNER CHANGE

Switch to a new set of aligners every week, or as directed by your dentist

TWICE DAILY ORAL CARE

Brush and floss twice a day to prevent cavities and maintain overall oral health – remember to remove your aligners before brushing

INSERTING THE ALIGNERS

1. Ensure you are using the correct aligners—the upper for the top teeth and the lower for the bottom teeth.
2. Soften the aligner by placing it in lukewarm water for 30 seconds.
3. You may begin with either the upper or lower aligner. Gently push it over your front teeth.
4. Using your fingertips, apply equal pressure to the top of the molars (your back teeth) on both sides until the aligner snaps into place. You may also use aligner chewies provided.
5. Make sure the aligners are seated firmly. If not, bite gently on aligner chewies or gauze pieces to help position them properly.
6. The aligners may feel tight initially—this is normal and necessary for effective tooth movement.
7. You may experience a slight lisp at first; this usually fades as your tongue adjusts.
8. Aligners should be worn all day and night—at least 22 hours daily—except while eating, brushing, or as advised by your doctor.

REMOVING THE ALIGNERS

1. Rinse your mouth with lukewarm water before removing the aligners.
2. Using your fingers, start at the back teeth on one side and gently work your way around to the other side. You may

