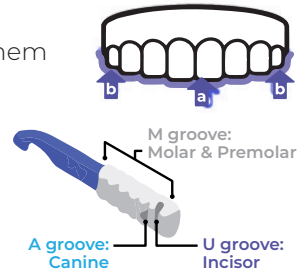


## HOW TO INSERT THE ALIGNERS

1. Wash your hands thoroughly with soap and water before handling your aligners
2. Clean aligners with a soft toothbrush and lukewarm water or mild soap prior to using them
3. Insert either the upper or lower aligner first.  
(a) When inserting each aligner, gently push the aligner over your incisors.  
(b) Then apply pressure using your fingertips, to the top of the left and right molars until the aligner snaps into place
4. Use the TrioKey for at least 5 minutes every time you put on the aligners.
5. Position the TrioKey between your teeth firmly on all surfaces of your teeth and bite down.



### Incisor:

Put your top teeth into the U groove on the TrioKey and bite your lower teeth against it a few times. Then fit your bottom teeth into the U groove and bite your top teeth on the TrioKey a few times.



### Canine:

Put your top teeth into the A groove on the TrioKey and bite your lower teeth against it a few times. Then fit your bottom teeth into the A groove and bite your top teeth on the TrioKey a few times. Repeat on the other side of your mouth.



### Molar and Premolar

Put the M groove on the TrioKey between your back teeth on one side of your mouth and bite up and down a few times. Repeat on the other side of your mouth.

6. The recommended wearing time varies from case to case, please follow your doctor's instructions.

## HOW TO REMOVE THE ALIGNERS

1. Wash your hands thoroughly with soap and water before handling your aligners.
2. Using your fingers or the TrioKey, (a) start by disengaging the aligners at the molar regions on both sides. (b) Then slowly work your way to the front with balanced forces to fully remove.
- 3. To remove an aligner from your upper teeth:**  
Position the TrioKey so that the end of the TrioKey is parallel to the upper aligner. Latch the TrioKey from the furthest molar, gently pull down and forward.
- 4. To remove an aligner from your lower teeth:**  
Position the TrioKey so that the end of the TrioKey is parallel to the lower aligner. Latch the TrioKey from the furthest molar, gently push up and forward.
5. Aggressive or improper use of the TrioKey can result in breakage of the aligner, if you are having difficulties in one area, move the TrioKey to a new position and try again. Make sure that the TrioKey is latched onto the aligners only to avoid damage to gums, teeth or dental prosthesis.
6. Rinse the aligners every time you remove the aligners and keep the aligners cool and dry into the given aligner case.

