

TRIO[®]

CLEAR



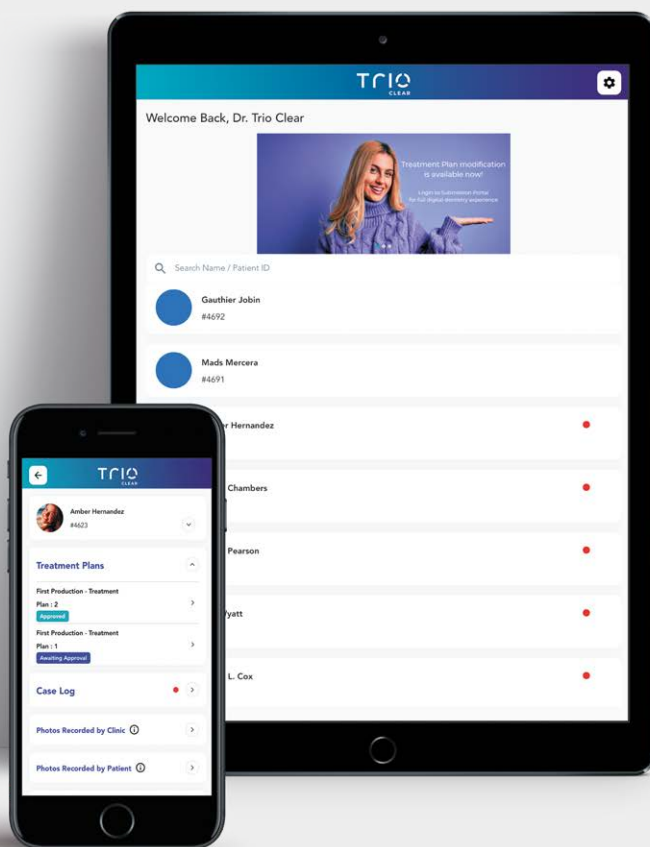
TRIOCLEAR[®]
Patient Guide



BEGIN YOUR TRIOCLEAR® JOURNEY

Let's begin your smile makeover journey. Now you can download the TrioClear® Aligner Mobile App to:

1. Record your aligner wear time daily.
2. Capture photos of your teeth during the treatment to share with your dentist.
3. Discover more transformed smiles within our TrioClear® community.
4. Receive reminders and notifications.



TRIOCLEAR™ ALIGNER MOBILE APP IS NOW AVAILABLE ON:



HOW TO INSERT THE ALIGNERS

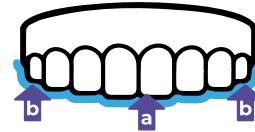


STEP 1:
Wash your hands thoroughly with soap and water before handling your aligners.

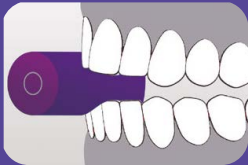


STEP 2:
2. Wear the aligners with a specific sequence step of Soft (S) to Hard (H) every cycle. Each aligner should be worn for 7 days.

STEP 3:
Clean new aligners with a soft toothbrush and cold water or mild soap prior to using them.



STEP 4:
Insert either the upper or lower aligner first. When inserting each aligner, gently push the aligner over your front teeth (a). Then, apply pressure using your fingertips, to the top left and right molars (b) until the aligner snaps into place. If you are finding insertion difficult, apply a thin layer of vaseline to the inside of each aligner.



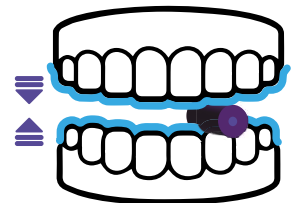
STEP 5:
Use the provided chewies for at least 5 minutes every time you put on the aligners (The recommend total chewie time is 30 minutes per day).



STEP 6:
Each aligner should be worn for at least 20 hours per day.

HOW TO USE THE ALIGNER CHEWIE

1. When an aligner is placed back onto your teeth after eating, the chewie should be used to bite the aligner firmly into position.
2. Position the chewie between your teeth (either "longways" or "shortways") and bite down until you have bitten on it with all of your teeth.



IMPORTANT NOTES:

- Do not bite the aligners in place, use finger pressure to fit the aligners in every time. If you experience sharp pain or significant discomfort, please contact your dentist immediately.
- If you suspect an adverse reaction, discontinue use and consult your dentist. Your dentist, not TrioClear™, is responsible for managing your treatment.

HOW TO REMOVE THE ALIGNERS

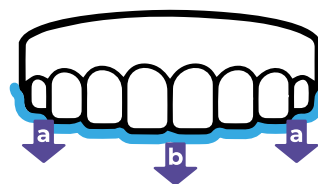


STEP 1:
Wash your hands thoroughly with soap and water before handling your aligners.

STEP 3:
Rinse the aligners every time you remove the aligners and keep the aligners cool and dry in the given aligner case.

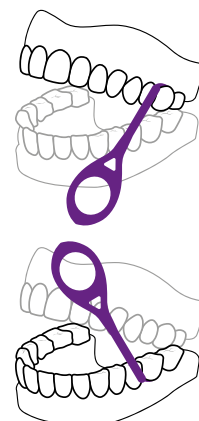


STEP 2:
Using your fingers or the aligner remover, start by disengaging the aligners at the molar regions on both sides (a). Then slowly work your way to the front (b) to fully remove.



HOW TO USE THE ALIGNER REMOVER

- To remove an aligner or retainer from your upper teeth:**
 - Position the remover so that the end of the remover is parallel to the upper aligner
 - Latch the remover from the furthest molar, and gently pull down and forward.
- To remove an aligner from your lower teeth:**
 - Position the remover so that the end of the remover is parallel to the lower aligner.
 - Latch the remover from the furthest molar, and gently push up and forward.
- Aggressive or improper use of the remover can result in breakage of the aligner.**
If you're having a difficult time in one area, move the remover to a new position and try again.
- Make sure that the remover is latched onto the aligners only to avoid damage to gums, teeth or dental prosthesis.**



HOW TO PRESERVE YOUR LIFELONG SMILE AFTER THE TREATMENT

Retainers are worn to prevent teeth from shifting back to their original positions after the treatment. Teeth also tend to shift over time as we grow older, hence wearing retainers can preserve your lifelong smile. The Ecodont™ Retainer is a dentist-prescribed, custom manufactured, clear plastic removable orthodontic appliance that you will wear after getting your teeth straightened, whether with the TrioClear™ treatment, traditional braces, or other conventional aligners. For more information, please visit www.TrioClear.com/ecodontretainers or consult your dentist.

IMPORTANT NOTES:

- Aligners should be removed for eating and drinking. However, you can drink cool water with them in place.
- To help prevent damage, avoid unnecessary removal.
- Do not use excessive force to bend or twist an aligner to remove.
- Always keep the most recently used aligners (or more pairs of aligners as directed by your dentist). If your current aligner is lost or broken, you should contact your dentist immediately. Your dentist may recommend that you temporarily go back to the previously used aligners before getting a replacement.



FREQUENTLY ASKED QUESTIONS

WHAT IS A PROGRESSIVE CLEAR ALIGNER SYSTEM?

TrioClear® is a Progressive Clear Aligner System. From SOFT to HARD, the varying levels of thickness of each aligner from 0.5mm to 0.7mm shifts the teeth comfortably and help each patient achieve their desired smiles.

WHAT IS THE MARKING ON MY ALIGNERS?

Each of our aligners is marked with a specific code that indicates your case ID and the stages of your treatment. For example, 12345U08H. The first section of the code is your case ID, with a letter U (upper arch) or L (lower arch). The second part is the current cycle number with a letter of S (Soft aligner) or H (Hard aligner).

WHY DO MY TEETH FEEL PRESSURE DURING THE TREATMENT?

It is normal for your teeth to feel pressure during the first stages. This means that the aligners are starting to move your teeth. The feeling should disappear gradually in a couple of days. If this is not the case, please contact your dentist immediately.

WHY DO I LISP WHEN I WEAR THE ALIGNERS?

In the first few days you may speak with a slight lisp, which will go away after several days as your tongue adjusts to your aligners.

HOW CAN I CLEAN THE ALIGNERS?

You may gently brush the aligners with a soft toothbrush and cold water or mild soap. Please remember not to use toothpaste or denture cleaner or other chemical solvents such as bleach or rubbing alcohol to clean the aligners.

HOW CAN I STORE THE ALIGNERS?

You should avoid placing the aligners in places of high temperature and humidity, and keep the aligners out of reach of children and pets.

HOW CAN I DISPOSE OF THE ALIGNERS?

Clear aligners and other such appliances naturally pick up a lot of oral bacteria, and sterilization is needed before disposal. In order to dispose the appliances properly, you may check the local Waste Disposal Ordinance since waste management vary in different countries.

For more information, please go to www.TrioClear.com/faqs-patients

A Worldwide Innovative
Clear Aligner Brand



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CLEAR