

## Frequently asked *questions*

### How does *Smart Moves* work?

*Smart Moves* is a series of clear aligners that progressively move teeth without braces. Each series consists of two aligners. Each aligner is worn two to three weeks, depending on the case. Once teeth have moved into the desired position, your *Smart Moves* treatment is complete.

### How many aligners will I need?

The total number of aligners is specific to your treatment and is determined by your doctor. Although every case is unique, most patients require between two to six aligners per dental arch to achieve correction.

### How long does treatment take?

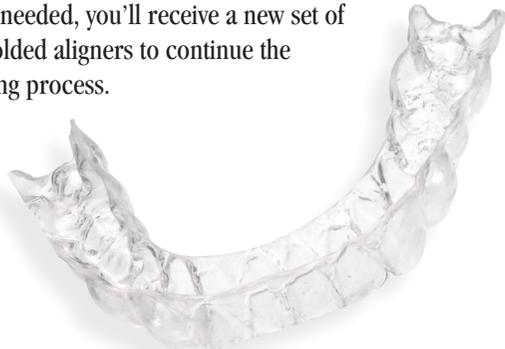
It varies with each patient. Typically, treatment takes approximately six months.

### How long do I wear the aligner each day?

Your aligner should be worn 24/7 except while eating, drinking hot liquids, or playing certain musical instruments or contact sports.

### How often will I need to see my doctor?

Your doctor will generally want to see you every four to six weeks to check your progress. Depending on the amount of tooth movement needed, you'll receive a new set of custom-molded aligners to continue the straightening process.



### How do I care for my aligner?

Gently remove your aligner using both hands, being careful not to twist it. Clean your aligner daily using cool water, gently brushing with a non-abrasive toothpaste. DentaSOAK® is recommended to effectively disinfect and remove stubborn debris and is available at [www.dentasoak.com](http://www.dentasoak.com). Do not soak the aligner in mouthwash containing alcohol or colorant, or use effervescent dental cleansers. These could cause damage or discoloration.

### How do I know if *Smart Moves* is right for me?

*Smart Moves* has been the ideal solution for thousands of patients, however, only your doctor can advise you if *Smart Moves* is the right choice for you.

Ask your doctor about *Smart Moves* today!



The *smile*  
you've always  
wanted  
without  
*braces*

**Smart Moves®**  
**Invisible Aligner System**

Ask about it *today!*

# Smile

A beautiful *smile*  
without wearing braces?

Absolutely—with the  
Smart Moves® Invisible  
Aligner System



## **Virtually clear**

Smart Moves® is virtually clear. Chances are, only you will know you're wearing it. You'll be able to smile, talk, and go about your day with complete confidence.

## **Treatment is quick and convenient**

Smart Moves uses a progressive series of clear, removable aligners to straighten teeth. Exclusive, highly elastic materials efficiently and comfortably move teeth in less time than most other clear aligner systems. The result—treatment can be completed sooner with fewer appliances and appointments.

## **Removable and comfortable**

Smart Moves won't interfere with your lifestyle. You simply remove Smart Moves to eat, brush, and floss. And unlike braces, you can still eat what you want. Each aligner is custom molded to comfortably fit your teeth without wires or metal brackets that could cause irritation.



# No Braces

Smart Moves®  
Invisible Aligner System