

DSD DIRECT PRINTED ALIGNERS USER MANUAL CARE & HANDLING GUIDE

WHAT MAKES IT DIFFERENT

- 1 STERILIZABLE**
The only aligner that withstands hot-water sterilization for true hygiene.
- 2 THERMO-ACTIVE**
Heat-activated material that adapts precisely to each arch on placement.
- 3 PATIENT-SPECIFIC**
Custom-printed for one mouth and one mouth only - never to be shared.

HOW TO USE YOUR ALIGNER

INSERTING THE ALIGNER

- 1 Submerge in hot water**
Place the appliance fully into water above 60 °C or more for at least 30 second. Tip: heat until the first small bubbles appear, just before boiling.
- 2 Place in the mouth**
Position the appliance in your mouth without delay. Tip: insert it before the material cools.
- 3 Fit along the arrows**
Seat the aligner gently following the directional arrows printed on the device.

REMOVING THE ALIGNER

- 1 Loosen with warm water**
If removal feels difficult, rinse and submerge briefly in warm water to relax the fit.
- 2 Pull from the molars first**
Begin at the back teeth and work forward. Tip: avoid excessive force and take care not to deform the aligner.
- 3 Rinse and store**
Wash under running water and place in its case, away from direct light.

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STEP-BY-STEP PROTOCOL

DAILY USE PROTOCOL

1

Initial Thermal Activation

Before first use, perform a thermal activation. An aligner that has not been pre-heated may show initial adaptation difficulties.

2

Daily Heating

Once daily during hygiene maintenance, immerse the aligner in water at 60°C or above for at least 30 seconds. This increases material malleability and facilitates correct seating.

3

Careful Placement

Position the aligner gently on the arch after heating. Forcing the fit without thermal activation risks mechanical overload and fracture.

4

Adaptation Time

After placing the aligner, wait 2 to 3 minutes to allow it to fully adapt to the arch.

5

Continuous Use

Follow the daily hygiene and thermal-activation protocol consistently to ensure comfort, durability, and treatment effectiveness.

AESTHETIC NOTE

Preserving the aligner's coloring

The aligner's color can be affected by pigmented foods, drinks, and inadequate hygiene. Remove the aligner during meals, avoid contact with pigmented liquids, and clean before re-inserting to preserve aesthetics and material integrity.

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USER MANUAL CARE & HANDLING GUIDE

CARE, CLEANING & STORAGE

CARE & STORAGE

Hygiene is essential — a clean aligner is a healthy mouth.

WASHING

- Unlike other aligners, the DSD Aligner can be sterilized.
- Place in hot water (up to 100 °C) for 1 minute to sterilize.
- Wash thoroughly until completely clean.
- Use toothpaste and a brush under running water to clean the internal region.
- An unclean aligner can cause inflammation or cavities.
- Do not apply excessive force when cleaning.

HANDLING & STORAGE

- Avoid direct exposure to sunlight when storing after use.
- Store in a dedicated aligner case or an airtight container.
- Do not expose the aligner to hot surfaces such as ovens or heaters.
- Avoid prolonged exposure to heat from any heated products.
- Always rinse the aligner before placing it back into its case

20h

CARE & STORAGE

Wear the DSD Aligner for at least 20 hours a day for optimal results.

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QUICK REFERENCE & PRECAUTIONS

AT-A-GLANCE GUIDE

Keep this page handy — quick reminders for daily use.

DO

- Wear your aligner at least 20 hours a day.
- Wash the aligner and maintain good oral hygiene.
- Heat the aligner before placement to ensure proper fit.
- Drink water freely while the aligner is in place.
- Store in a protective case away from light and heat.

DON'T

- Eat, chew gum, or smoke while wearing the aligner.
- Use sharp objects to remove the aligner.
- Share your aligner with anyone — it is patient-specific.
- Expose the aligner to hot surfaces or prolonged heat.
- Consume hard or sticky foods while the aligner is in.

PRECAUTIONS & ALERTS

Use as directed

The manufacturer is not responsible for problems arising from use outside of these instructions. Read the manual fully before first use.

Avoid certain habits

Do not chew gum, eat, or smoke while wearing the aligner. Hard and sticky foods must be avoided. Water, however, may be ingested.

Patient-specific device

Each aligner is produced for one patient. It is prohibited to be used by anyone other than the original recipient.

Remove with care

Do not use sharp objects to remove the aligner. Avoid prolonged exposure to heated products.