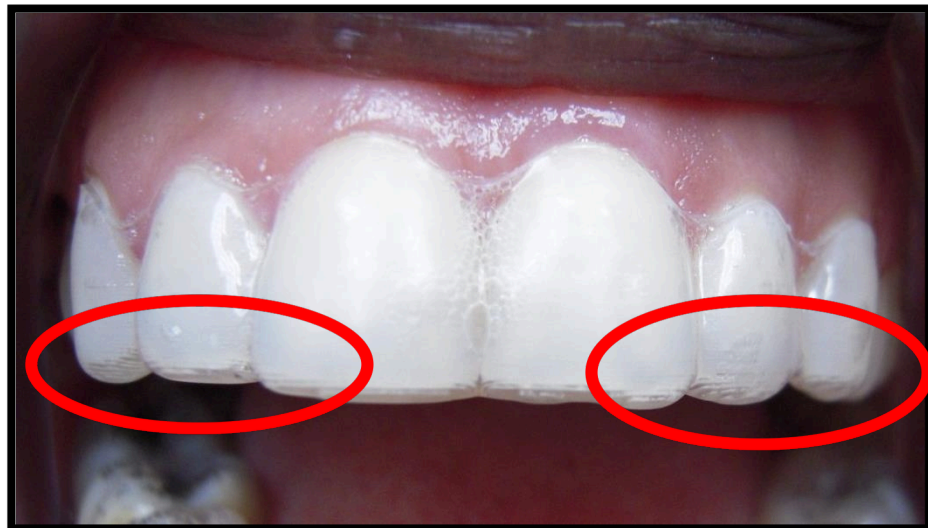


## EXCELLENT TRACKING



**GOOD TRACKING:** Use Chewie  
in affected areas



**PROBLEM TRACKING:** Use Chewie if no  
improvement call office



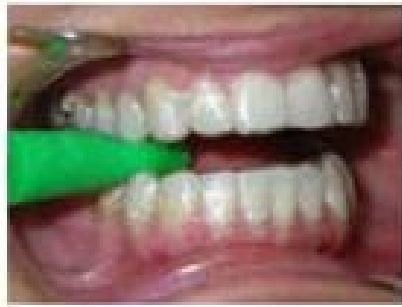
## POOR TRACKING:

Return to best fitting aligner, use chewie, if  
no improvement call office

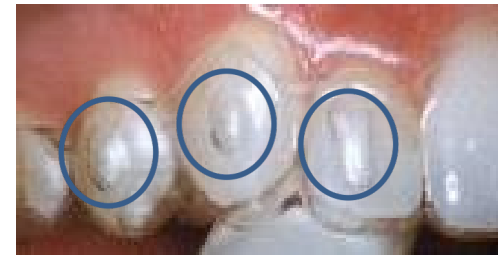


# Proper Insertion & Removal for your

Insert Aligners, then bite with your chewie along entire arch

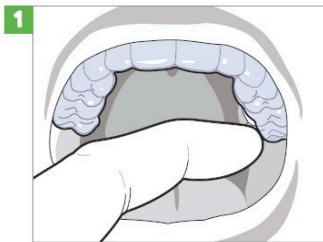


Next, use the end of the chewie to massage the attachments and engage them with your aligners.

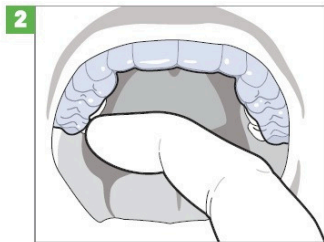


When you remove your aligners, remember to follow these steps to avoid aligner breakage.

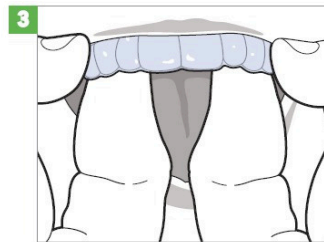
If elastics are prescribed, please wear them as directed.



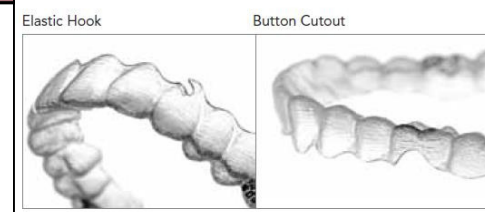
1 Pull aligner from lingual side of the molar



2 Repeat for opposite side



3 Gently pull aligner down away from teeth



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