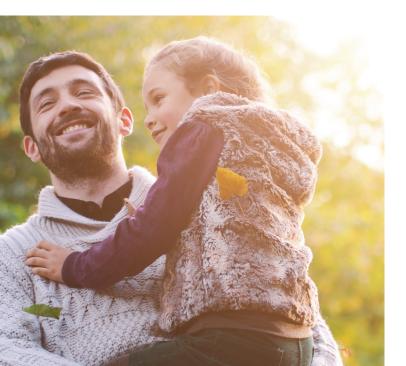### How does smart moves work?

smart moves is a series of clear aligners that progressively moves teeth without braces. Each series typically consists of two aligners. Each aligner is worn two to three weeks, depending on the case. Once teeth have been moved into the desired position, your smart moves treatment is complete. Your doctor may suggest a retention appliance to prevent your teeth from shifting after treatment.

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 and 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 aligners each day?

Your aligners should be worn 24/7 except while eating, drinking hot liquids, or playing certain musical instruments or contact sports. Approximately 22 hours each day.

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 aligners to continue the straightening process.

How do I care for my aligners?

Gently remove your aligners using both hands, being careful not to twist. Clean your aligners 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 dentasoak.com. Do not soak the aligners in mouthwash containing alcohol or colorant, or use effervescent dental cleansers. These could cause damage or discoloration.

Ask your doctor about smart moves today!

Are You on the Way to a Better Smile?

Do it the smart way with

smart moves® complete

clear aligners

Why smart moves?
More comfortable, better results – A more comfortable wearing experience is available with smart moves clear aligners. smart moves are made with Great Lakes ComfortTrack™, a multi-layered material designed exclusively for clear aligners. smart moves with ComfortTrack creates ideal pressure on your teeth while maintaining lasting comfort throughout your clear aligner therapy. Less initial force upfront and more consistent force over a two-week wear-time results in an easier transition between aligners and better retention.

smart material > smart comfort > smart moves

Why smart moves?
A dedicated team behind each case – A personal team of trained professionals including technical specialists, sales support, and design and customer service support are lined up for each and every smart moves case. Answers are just a phone call away for your doctor which means faster solutions for you.

smart communication > smart team > smart moves

Why smart moves?
Your smart moves clear aligners are delivered in a **patient take-home box** which includes individually-labeled aligners, an aligner storage cup, Chewies™, aligners removal tool, and patient instructions. The unique red box is designed for easy use and handy storage.

smart storage > smart design > smart moves

Why smart moves?
Your doctor chose an aligner company with experience – Great Lakes Dental Technologies is one the largest labs in the United States with 50+ years of experience in the fabrication of dental and orthodontic appliances. Great Lakes enjoys long-standing relationships with both dental and orthodontic practices nationally and internationally which means high quality, superior service, and great value.

smart experience > smart value > smart moves

Why smart moves?
Made in the USA – All Great Lakes Dental Technologies appliances are fabricated with USA pride in a Buffalo, New York laboratory with customer service, a design team, manufacturing, and lab support all housed at one location.

smart location > smart pride > smart moves

Ask your doctor about smart moves today!

smart moves®