

# Nadine and Company LLC

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## DIRECTIONS:

1. Use lever end to push your bottom aligner up and off, and hook end to pull the top aligner down and off.
2. The hook to pull the top aligner off may be inserted either on the tongue side of the mouth or outside on the gum line.

## To safely remove your aligners:

1. Make sure to fully engage the lever end and the hook end between aligner and teeth.
2. Gently but firmly pull the top aligner down (don't pull outward).
3. Gently but firmly push the bottom aligner up (don't pull outward).

## TIPS:

1. improper use of the tool can result in breakage, if you are having a difficult time in one area, move the Outie Tool® to a new position and try again. Do not pull down or push up forcefully because this may cause your aligner to tear or the Outie Tool® to break.
2. For very tight aligners rinse your mouth with warm water prior to removal. We understand that there is a learning curve in using the Outie Tool®. Some patients may have tighter aligners or more attachments than customary, which may lead to breakage of the Outie Tool® if used too aggressively.

In the event you experience the occasional breakage, please accept a complimentary "spare" Outie Tool®. (Note: The spare Outie Tool® serves as a final replacement in the event of breakage.)