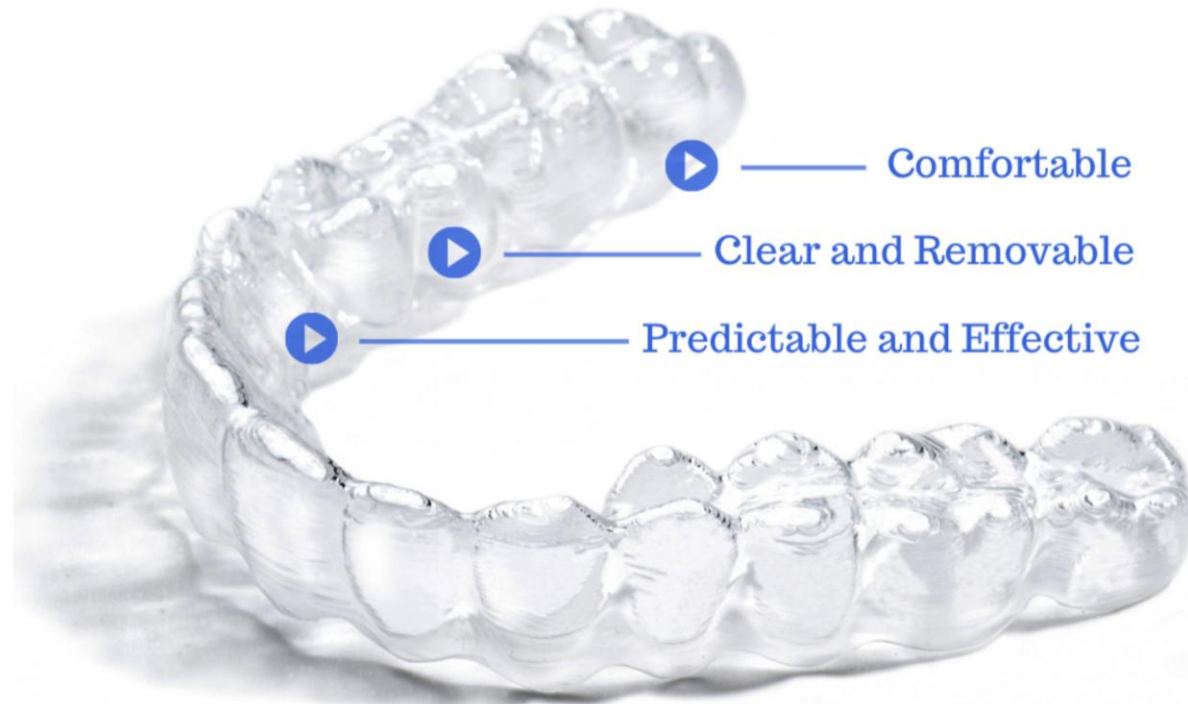


ACTIVE ALIGNERS



Active Aligners: Treatment monitoring and Causes of Refinements

TREATMENT MONITORING

CHECKLIST

TOP 4 CAUSES OF REFINEMENTS

TIPS FOR KEEPING PATIENTS ON TRACK

TIPS FOR TEENS

ACTIVE ALIGNERS

ACTIVE ALIGNERS — TREATMENT MONITORING

Treatment Monitoring Checklist at Appointments

- ✓ Check that the Active Aligners fit and are seating fully on teeth across entire arch.
- ✓ Ensure that all attachments are still in place.
- ✓ Check all contact points. Pay special attention to areas where IPR needs to be done. Movements can be blocked due to contacts. Additional IPR can be done to free those contacts.
- ✓ Proceed with further IPR if required or indicated in the plan.
- ✓ Deliver the next set of Active Aligners.



Modern Technology and Patient Monitoring

- With the help of modern communications (WhatsApp, email, Skype and Google Forms), dentists and labs are able to more closely monitor a patient's progress.
- They can see the photos for each stage and compare the tooth position with the 3D predicted treatment plan or model for each stage.
- Modern Technology enables almost real time tracking and monitoring without wasted appointments, whilst simultaneously increasing the predictability, and tracking of tooth movement.



Schedule follow up appointments.

Trayminder is a very useful App that not only reminds patients to wear their aligners for the prescribed amount of time, but can also remind patients to book their follow up appointments (particularly important for tracking purposes, and if IPR has been indicated at a later stage of treatment)

ACTIVE ALIGNERS — TREATMENT MONITORING

If an aligner is not seating or tracking:

- ✓ When did you last see the patient? When was it last seating correctly?
- ✓ Was ample IPR done and at the correct stage?
- ✓ IS the patient being compliant?
- ✓ Request an overlay of the original scan to current position to see what stage the patient may have stopped tracking or if there is another problem area that needs attention (e.g a stubborn tooth).
- ✓ Did you explain what seating/engagement is, and what it looks like and what to look out for? i.e space between the aligners and teeth, attachments not engaged or falling off, and how to rectify this?



If an aligner is lost or broken:

- The patient in week 1 of that stage can move to the previous stage while you order a replacement aligner. If in week 2 of that stage, the patient can move on to the next stage.
- If an aligner is broken, please send us a photo (or the actual aligner) so that we may determine the cause and assist with a solution.

If an attachment has fallen off:

- Please use the current stage as a template

Please note that there should be no changes / work done during treatment as this will result in the aligners not fitting correctly and therefore not being effective!

ACTIVE ALIGNERS — TREATMENT MONITORING (CONT)

Treatment Monitoring – Mis-tracking / Refinements

There are two ways of handling mis-tracking patients:

1. Patient has minor mis-tracking:

- At the end of treatment, a refinement can be done at a **reduced** cost.
- 3 to 4 Active Aligners stages as a refinement.
- Please contact the lab directly to see if the patient qualifies for an 'In-House' Refinement

* This is Subject to "Pricing Terms and Conditions for Active Aligners"

2. Patient is mis-tracking by large degree during treatment:

- Hold / keep the patient in the best fitting Active Aligners stage if still in treatment.
- New impressions / scans are taken, and a new treatment plan is created at a **reduced cost**.
- New intra and extra-oral photos are taken and loaded.
- You will receive a new **refinement** treatment plan for review and approval.
- New Active Aligners are ordered.

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What happens when a patient's treatment is mis-tracking according to the treatment plan?

Important to note that “large degree mis-tracking” usually occurs due to patient non-compliance in the recommended 22 hour/day wear time.

PLEASE NOTE: A refinement case should only be created if the patient has already commenced with an original Active Aligners treatment.

ACTIVE ALIGNERS

ACTIVE ALIGNERS — TREATMENT MONITORING (CONT)

Treatment Monitoring – Refinements

The top 4 causes of Refinements:

1. Non-compliance
2. Aligners not seating correctly
3. (Insufficient) not enough IPR (ALWAYS use an IPR gauge)
4. Case not tracking/ being monitored correctly

You may be interested in the following APP that will assist your patients to keep compliant:

TRAYMINDER

TrayMinder is an app to help busy aligner users to remember to wear their trays so that they can achieve their best possible smile.

Non-compliance

1

- Screen Patients
- Educate
- Set expectations

If a patient is not wearing their aligners as directed, they will not reach their desired outcomes

Lost Aligners

•If the patient has worn the lost set for less than 7 days – instruct them to temporarily use the previous set while the replacements are ordered and made. Replacement aligners are available at an extra cost and will ship within 3 business days after placing the order.

•If the patient has worn the lost set for at least 7 days – instruct them to move onto the next set.

ACTIVE ALIGNERS

ACTIVE ALIGNERS — TREATMENT MONITORING (CONT)

Treatment Monitoring – Refinements

2.

Aligners not seating correctly

Please remember that the aligners need to fit snugly in order to do their job, as they move teeth in fractions of mm per stage. When not seated correctly, there is no pressure applied to the teeth. This means they will not move as planned.

This is not only especially important at the beginning of each stage, but each time the aligners are re-inserted.

Stress the importance of using chewies to help seat aligners.

Instructions for chewies are included in the patient manual for all Active Aligners chewies.



NB: If there are attachments, it is important that the attachments are engaged at every stage of treatment for them to be effective anchors for movement. If the attachments are not engaged, they will put pressure in the wrong direction, and this will cause unplanned movement for these teeth.

ACTIVE ALIGNERS — TREATMENT MONITORING (CONT)

Treatment Monitoring – Refinements

Not enough IPR – IPR gauges make sure you have created accurate spacing needed

3.

IPR strips themselves are only an indication of measurement. Making use of an IPR gauge gives / ensures 100% accuracy.

TIP: be aware of the angle you are using when doing IPR.

A Reminder:

Many treatment plans require IPR at later stages.
Please check your treatment plan carefully.



Please see our Guide to IPR in the previous section.



ACTIVE ALIGNERS

ACTIVE ALIGNERS — TREATMENT MONITORING (CONT)

Treatment Monitoring – Refinements

4.

Case not tracking / being monitored

It is recommended that you book your patient for a follow up one month after starting treatment.

Thereafter, every 6 weeks / 3 aligners should be sufficient to be sure that the teeth are tracking according to the treatment plan.



Referring back to the patient's 3D plan on the platform at patient's visits is a great way to show patient's their progress.

Please note that there should be **no changes** / work done during treatments as this will result in the aligners not fitting correctly and therefore not being effective!

“

A refinement is to correct what did not track in the original case. A refinement of an Anterior case cannot request Full Arch treatment planning.

ACTIVE ALIGNERS —

KEEPING PATIENTS ON TRACK

1. Educate
2. Involve
3. Communicate
4. Document
5. Adjust

1. EDUCATE

During the initial consultation, explain how Active Aligners work. There is a summary in our patient instruction booklet. This video (available on our website) is a useful guide:

[How Active Aligners Work](https://youtu.be/DObQids-b7o)
(<https://youtu.be/DObQids-b7o>)

2. INVOLVE

By involving the patient in record keeping, planning and goal setting, the patient is likely to remain committed and compliant.

PATIENT COMPLIANCE IS KEY!



BEFORE



AFTER



ACTIVE ALIGNERS

ACTIVE ALIGNERS —

KEEPING PATIENTS ON TRACK

3. COMMUNICATE

Be honest about the process – if the patient knows what to expect, they are more likely to be diligent. For example: The aligners will be uncomfortable (at the beginning of) each change. Listen to their concerns. Encourage them by showing them the expected outcome.



ACTIVE ALIGNERS TIP:

Add an extra day or two to current aligner if wear time has been less than ideal.

4. DOCUMENT

Things to look out for:

- Are they wearing their aligners
- Are the aligners too 'clean'
- Have they missed any appointments
- Are the Active Aligners seating correctly?
- Check that all attachments are present and engaging correctly

5. ADJUST

If a patient is not on track you will need to adjust:

- They may need to wear the aligners for longer
- Backtrack to an aligner that fits and continue again
- Additional IPR may be necessary
- If an attachment has come off, the current stage may be used as a template to re-attach the attachment

ACTIVE ALIGNERS — TIPS FOR TREATING TEENS

1. Check the amount and stage that IPR is required. Make use of an IPR gauge.

2. Manage expectations:

- both parents and teens need to be committed, motivated and responsible
- Some discomfort might be experienced during initial changes, but it is much less than traditional braces
- Wearing aligners consistently is the best predictor of a successful outcome
- Retention – explain that this stage is as important to prevent relapse. Retention is for Life!

3. Pay attention to the placing of composite attachments.

4. Retention is non-negotiable.

5. Instructions to the treatment planners, and case review, are extremely important.

6. To help with compliance by making aligners easier to remove and replace initially before engagers/attachments are placed, consider requesting that treatment planning makes provision for adding engagers/attachments at stage 3 of treatment.

7. Emphasize the importance of using chewies to make sure the aligners seat properly.



ACTIVE ALIGNERS