

ACTIVE ALIGNERS

DOCTORS LIBRARY · PAGE 1 OF 2

Case step by step checklist

From the first consultation to case delivery.

PATIENT NAME

DATE

1 Initial consultation

- ☐ Informed consent (download at www.activealigners.co.za/doctors-library/)
- ☐ Quality control images (8 photos – guide in the Doctors Library)
- ☐ Scans (see note below; remember to label with Dr and patient name)
- ☐ Supporting documentation (x-rays, etc.)

NOTE Check that scans show 2–3 mm gingiva and include the 8's. Please check for holes, missing anatomy and debris. Inferior scans will be rejected.

2 Submit for treatment planning

Planning · 3 working days

- ☐ Send scans to the lab to upload to your case. You can also include scans in the .zip file when you upload a case.
- ☐ Create the patient's case on the treatment platform: www.activealigners.co.za/doctors-login/ (include instructions for treatment planners; any information entered is for the patient, as the profile belongs to the Doctor)

NOTE A guide to Case Creation is available in the Doctors Library. Treatment planning will proceed once all information has been loaded for the case. Treatment planning takes 3 working days.

3 Send case to manufacture

Manufacture · 7–10 working days

- ☐ Review the case and, if happy to proceed, approve on the platform – this will send it to manufacture. If not, send to redesign with new instructions.
- ☐ Complete our online lab slip (contact us if the link has not been received)

NOTE Manufacture takes 7–10 working days after all approvals have been received.

4 Case delivery

- ☐ Attachment requirements checked. Attachments placed using template.
- ☐ Patient's stage 1 aligner engages attachments and fits correctly over all teeth.
- ☐ Patient has been made aware of their responsibility and ownership of the case in order for the desired outcome to be reached.
- ☐ Patient has downloaded and been shown how to use the TRAYMINDER App.
- ☐ IPR requirements checked – perform stage 1 IPR and schedule future IPR with the patient. Make sure an IPR gauge has been used to check all measurements.
- ☐ Patient is shown how to use chewies to fit aligners, and how to correctly remove aligners with the removal tool.
- ☐ Patient Instruction Manual has been explained to the patient, and the patient has this in their possession.

LAB CONTACTS

WhatsApp **064 721 1350**
Phone **087 807 8724**

CLINICAL / TECHNICAL ADVICE

Dr Vlad **082 040 7001**
Andre **083 417 5859**

DOCTORS LIBRARY

activealigners.co.za/doctors-library
Under the Doctor's Resources tab

SCANS submissions@smileclublab.co.za

Case step by step checklist

Monitoring, adjustments and retention.

5 Treatment monitoring / follow-up appointments

- ☐ Check that the Active Aligners fit and are seating fully on all teeth across the entire arch.
- ☐ Ensure that all attachments are still in place and engaging.
- ☐ 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. Always use a gauge to check IPR measurements.
- ☐ Proceed with further IPR if required or indicated in the plan.
- ☐ Deliver the next set of Active Aligners and schedule the next appointment (we recommend review at every 3rd stage).
- ☐ If there are stubborn teeth, we recommend wearing a stage for an extra week to try and get the movement.
- ☐ Check that the patient has been compliant – if the patient does not wear their aligners as directed, they will not reach the desired outcomes. Each stage will be a worse fit, until eventually fitment is not possible and the case will not track.

NOTE If the aligners are not fitting 100%, some teeth may still move. It may then not be possible to backtrack to a previous stage. In some cases, incorrect forces will be applied, which in turn will cause teeth to move in undesired directions (especially if attachments are not engaging correctly), which may then require a mid-course correction.

! Adjustments (if a case is not tracking)

- ☐ The patient may need to wear their aligner stage for longer than the recommended 2 weeks.
- ☐ Backtrack to an aligner that fits and continue from this point.
- ☐ 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.
- ☐ If in doubt, or backtracking more than two stages, submit a current scan and a lab form for an overlay.

NOTE There should be no changes / work done during treatment, as this will result in aligners not fitting correctly and therefore not being effective!

6 Retention

- ☐ Full-time retention for 3 months or more. Thereafter indefinitely at night.
- ☐ To prevent relapse, fixed retainers, in addition to removable, may be a better option for some patients.

LAB CONTACTS

WhatsApp **064 721 1350**
Phone **087 807 8724**

CLINICAL ADVICE

Dr Vlad **082 040 7001**
or via Lab WhatsApp

DOCTORS LIBRARY

activealigners.co.za/doctors-library
Under the Doctor's Resources tab

SCANS **submissions@smileclublab.co.za**