

ACTIVE ALIGNERS



Top 7 Tips for Active Aligners Success

ACTIVE ALIGNERS TOP 7 TIPS FOR SUCCESSFUL TREATMENTS

1. Detailed Instructions to Treatment Planners
2. Case Review (OWN THE CASE)
3. Correct Fitment of Aligners
4. Sufficient IPR (use an IPR gauge)
5. Correct Application of Attachments
6. Monitoring to Ensure the case is Tracking correctly
7. Sufficient Retention

ACTIVE ALIGNERS

ACTIVE ALIGNERS — TOP 7 TIPS FOR SUCCESS

1. DETAILED INSTRUCTIONS TO TREATMENT PLANNERS



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!

Although treatment planners will treatment plan for the **best possible outcome**, based on orthodontic principles and our movement protocols, your input is important.

Please give them **your instructions, your concerns and what your patient expects**. By considering these 3 inputs, your treatment plan will be designed with the desired outcome in mind.

Specific instructions will also **avoid delays** due to a design not having to be sent to redesign any number of times.

Remember to include any details that may hinder tooth movement e.g an implant or crown. This will help the treatment planners **plan around these limitations**.

Missing teeth: if Dr's need to create space for an implant or future restoration eg bridge or denture, there are two options. 1. Scan a tooth in that space which will be used as a temporary design placeholder during treatment 2. Submit the case for a Smile Design (at an extra cost) to add the tooth. We will then print the finished design's model and use this to upload scans for Active Aligners treatment planning.

The more detail the treatment planners have, the better they can design for a successful outcome.

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2. CASE REVIEW — OWN THE CASE!

Please always make sure you **review the case in detail**.

Look at movements, as you will need to monitor these throughout treatment.

Look at outcomes: Make sure the patient understands what improvements can be done and the potential outcome. A link for the treatment plan can be sent to a patient for review (you will find this under Actions at the bottom of the treatment plan review window).

You do not want cases approved and the patient is not happy with the planned outcome once the treatment has been completed.

Basic (Inguallmm) | Inter-Proximal Reduction (mm): | Attachments: | Missing tooth: | Download as PDF

v0 | 16/11/2023 | 14 stages | 28 weeks

Designer notes:	3Shape added quality control images.	3Shape updated the status to Design In Progress.	3Shape updated the status to On Hold.	There is no stls in the folder: case is on hold. Please send the stl files in the folder for us to design. thank you.	The following treatment plan was performed according to your prescription. Please review and let us know if ch Thank you.	Redesign reason:
					Redesign... Patient Link... Send Doctor Link...	

I am the prescribing Dr of this case. I have viewed and evaluated this case and approve the design as is. I understand 3Shape Design Service's Terms and Conditions as stated [here](#).

Close | Actions... | Approve and Manufacture

PLEASE NOTE:
Treatment decisions
and case diagnosis
are entirely the
responsibility of the
prescribing doctor.

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3. CORRECT FITMENT

Please make sure, from stage 1, that when fitted the **aligners are seated correctly**. This means there should be no gaps, specifically on the occlusal edge.

Show the patient what a good fit looks like so that during changes of aligners, this is closely monitored.

The **fit must be snug and all the attachments engaged**.

If the fit is not right, do not proceed further. Rather **analyse why the stage is not fitting**. Is it an issue with the attachments, compliance, a stubborn tooth, etc.

For example: A patient is on stage 12. When we overlay current scans with projected movement, we can see that although the patient is wearing stage 12, the movement aligns to stage 5. So, from stage 6, the fitment has not been correct. **This should have been checked and rectified at stage 6, and not stage 12.**



USE CHEWIES!

Consisting of spongy plastic-like material (Styrene Copolymer), these cylindrical chewies help seat the aligners.

Position the chewie between the teeth and bite down. Move it from one end of the mouth to the other, continuing to bite up and down, until you have bitten on it with all of your teeth.

Please use for 15 sec per side, daily.

Especially important when moving to the next stage.

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4. SUFFICIENT IPR



ACTIVE ALIGNERS:
Guide to IPR

Always **use an IPR gauge** to check that the correct amount of IPR has been achieved.

Make sure you check the treatment summary to see at **which stage IPR** is required.

IPR may be required at **multiple stages** throughout a treatment.

Insufficient IPR is one of the biggest causes of mis-tracking.

We have a comprehensive guide to IPR available in our Doctor's library.

www.activealigners.co.za/doctors-library/

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5. CORRECT APPLICATION OF ATTACHMENTS

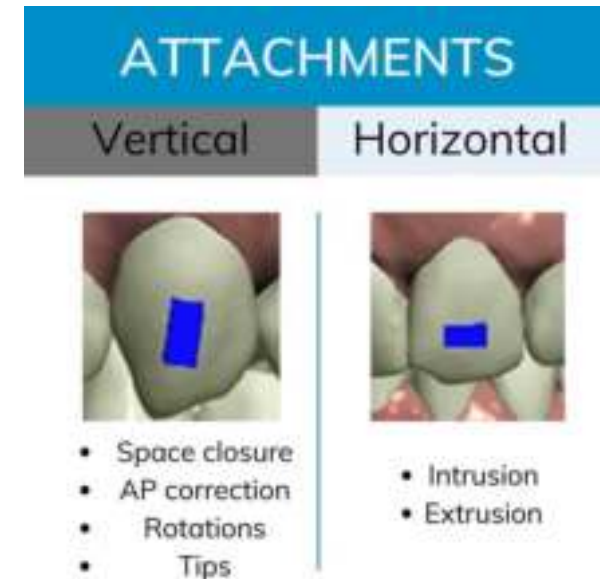
WHAT YOU NEED TO KNOW:

Make sure the attachments are **clean** without too much **excess material**.

Always make sure the template is **seated correctly when applying attachments** as this will affect all future aligners.

If attachments do not engage properly on an aligner, the aligner will put pressure in the wrong direction on the attachments, and this will **cause unplanned movement for those teeth**.

If an attachment does fall off during treatment, and the stage is more than 50% complete, you may use that stage as a template and move on to the next stage. Alternatively, the previous stage may be used as a template.



[Active Aligners Guide to Attachments](#)

ACTIVE ALIGNERS — TOP 7 TIPS FOR SUCCESS

6A. MONITORING TO ENSURE THE CASE IS TRACKING

Remember to monitor patients sufficiently during treatment, especially difficult cases, to make sure the case is tracking.

(You can always check back against the stages on the platform to see if they are tracking.)

Pay special attention to areas where IPR needs to be done. Movements can be blocked due to contacts. Additional IPR can then be done to free the contacts.

If there are stubborn teeth, we recommend wearing a stage for an extra week to try and get the movement.

Monitoring, fitment and compliance are essential.



The entire case is delivered to the dentist. We recommend that the Dr see the patient at least, minimum, every 3 stages. The number of aligners given to the patient is at the dentist's discretion.

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6B. PATIENT COMPLIANCE

If a patient does not wear their aligners as directed, they will not reach the desired outcomes. **If not compliant**, each stage will have a worse fit, until eventually fitment is not possible, and the **case will not track**.

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 results.



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6C. PATIENT COMPLIANCE — KEEPING PATIENTS ON TRACK

1. Educate

During the initial consultation, explain how Active Aligners work. This video is a useful guide: [How do Clear Braces work?](#)

2. Involve

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

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 each change. Listen to their concerns. Encourage them by showing them the expected outcome.

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 previous stage may be used as a template to re-attach the attachment

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7A. SUFFICIENT RETENTION

Patients need to know that not wearing retainers for a couple of days can have an immediate impact.

We recommend full time retention for 3 months or more, and then indefinitely at night.

Fixed retainers assist with not wearing removeable retainers at night. For some patients, this may be the preferred option to prevent a relapse.

REFINEMENTS:

If a case has been monitored and is tracking correctly, there should be no need for a refinement.

Please visit our Doctor's Library to find out more Tips and Tricks.

NOTE FROM THE LAB:

Please export retainers if retainers without attachments are required.

We manufacture the last stage in retainer material, and then another set of retainers as retainers.

If a Dr has not exported retainers, we manufacture the last stage as a retainer stage (with attachments if it has).

These are the free set of retainers received with a case. Anything requested after this is a new order.

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7B. SUFFICIENT RETENTION

FIXED WIRE RETAINERS

Through the use of 3D technology, we are able to custom contour the fixed wire retainer to each patient's individually printed arch.

We make use of a standard 0.7mm wire but can manufacture 0.5mm on request.

A stent (guide) which makes placement even easier, is included.

We need upper and lower scan/bite to manufacture the fixed retainer.

A fixed wire retainer should only be used after the 3-month retention period has lapsed, and the provider is confident the treatment has had a satisfactory outcome.

Please only submit current scan/impression for manufacture. Last stage/outdated scans or impressions cannot be used.

Upper lingual wire may be used overbite and overjet permitting.

Should you wish, a custom removable retainer (formed over the wire) to be used in conjunction with the fixed retainer, can also be manufactured.

TIPS FOR GETTING STARTED:

1. Place in mouth and attach onto canines first
2. Remove stent/guide
3. Apply composite to the rest of the fixed wire for permanent application



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ACTIVE ALIGNERS

ACTIVE ALIGNERS —

WE ARE HERE FOR YOU EVERY STEP OF THE WAY

- We pride ourselves on great customer service
- Support where needed: Online, Telephonic, Text
- Flexibility where it matters
- The Active Aligners team is here to help.

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