

Stay on track with Dental Monitoring

Dental monitoring is the revolutionary app that allows your doctor to monitor your treatment between in-office appointments.

What can you expect from Dental Monitoring?



Fewer in-office appointments

But many more check-points. Instead of going to the practice, your doctor is in touch with you virtually on a regular basis.



The best level of care, beyond the practice

You can log in to the Dental Monitoring app anytime and take the ScanBox with you anywhere. Your treatment keeps progressing as your doctor can monitor your smile without having to ask you for more in-office appointments.



Visualize the evolution of your smile

No better way to stay engaged and motivated. You can also use the Dental Monitoring app to view an animated rendition of your treatment progress.



A secure system

Dental Monitoring uses state of the art technology that protects your data, so you can relax knowing that your personal information is safe

Ask your doctor about
Dental Monitoring today!



Dental Monitoring app is available
on the App Store and Google Play



HOW TO WEAR YOUR ALIGNERS



Ensure you are wearing the correct aligner #



Clean your aligners regularly



Always clean your teeth and mouth before
wearing aligners



When eating, safely store your aligners in
the protective case provided



Correctly 'seat' your aligners on your teeth
using 'chewies'



Wear your aligners for at least 20 hours a day

SPEAK TO YOUR DENTIST TO
FIND OUT IF YOU'RE A CANDIDATE



Race Aligners is a treatment consisting of a series of TGA-approved plastic removable orthodontic appliances intended to slowly move your teeth to a final desirable position as an alternative to traditional braces. They are custom made to fit snugly over teeth. Race Aligners must be administered and prescribed by a dental professional. Read and follow directions before use.

WHAT YOU NEED
TO KNOW ABOUT
RACE ALIGNERS

WHAT YOU NEED TO KNOW ABOUT RACE ALIGNERS

Quick Start Guide

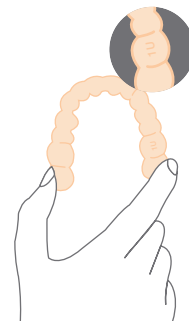
- 1 Before you wear your aligners, brush and floss your teeth
- 2 Wash your hands with warm soap and water before handling your aligners
- 3 Quickly rinse your aligners in cold running water

Wearing Your Aligners

✓ Ensure you are wearing the correct aligner

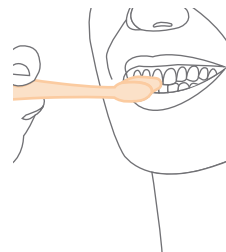
Your dental professional will provide you with the correct aligner set suitable for your stage. Each aligner will have a number and letter printed on them. The number is the step you are currently on. The “U” means Upper for your upper teeth and the “L” means Lower for your lower teeth.

This information is good to know in case you accidentally mix your aligners with other sets. It is important to always wear the correct aligner set to achieve the smile you've always wanted.



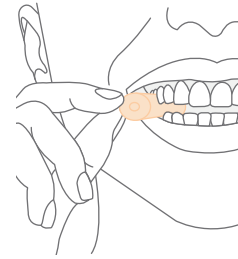
🦷 Always clean your teeth and mouth before wearing aligners

A clean mouth is a safe mouth. Wearing your aligners without cleaning your teeth or mouth can be a breeding ground for bacteria causing tooth decay or odour. Make sure you brush and floss your teeth before wearing your aligners.



🦷 Correctly 'seat' your aligners on your teeth using 'chewies'

You may insert either upper or lower aligner first. When inserting each aligner, gently push the aligner over your front teeth. Then apply equal pressure using your fingertips until they “snap” into place. You may notice that your aligners are not fully seated on your teeth. That's when you chew on a chewie. Move them from one side to another to make sure your aligners are fully seated.



✂️ Clean your aligners regularly

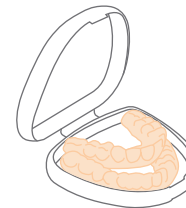
Keep your aligners fresh by frequently rinsing with cool water. Clean your aligners at least once per day by soaking in warm water using a cleansing tablet. In case you ran out of cleansing tablets, you can also soak your aligners in vinegar and water or baking soda and water. If needed, use a soft bristled tooth brush to gently scrub your aligners.



Aligners must not be cleaned in the dishwasher or using toothpaste or mouthwash.

🗑️ When eating, safely store your aligners in the protective case provided

Keep your aligners fresh by rinsing with cool water before storing them in the protective case. Rinse them again before reinserting in your mouth. Make sure you have brushed and flossed your teeth before you wear your aligners again.

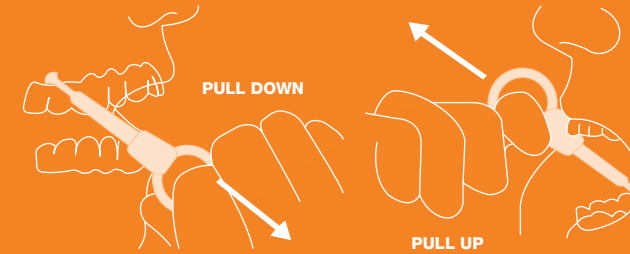


🕒 20/7 Wear your aligners at least 20 hours a day

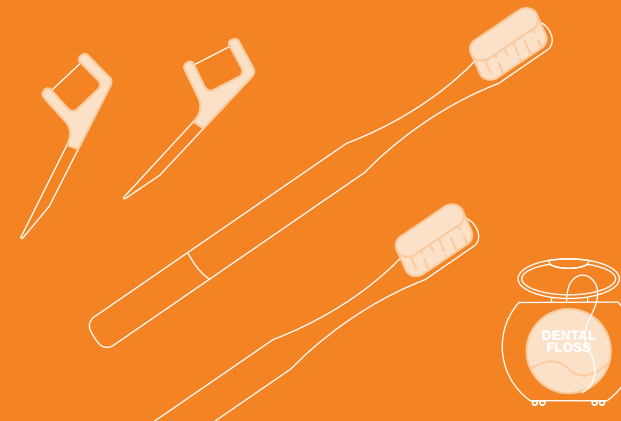
To ensure your aligner treatment is effective, you need to commit to wearing them day and night, give or take an hour or two when you are eating or drinking. We recommend wearing your aligners 20 hours a day. It is important that they stay in place to facilitate the movement required and hold your teeth in their new position.



Removing your aligners



1. You should only remove your aligners during the day when you are eating or drinking, cleaning your teeth or cleaning the aligners. That's it.
2. Remove the aligners to eat or drink anything other than water and rinse your mouth with water or clean your teeth before wearing the aligners again.
3. Remove your aligners using clean hands and/or the hooks provided. Release by unhooking the aligner from the teeth at both sides of the mouth. Gently and evenly separate the aligner from all the teeth until it can be removed from your mouth.
4. After eating or drinking you should brush and floss your teeth thoroughly to avoid small particles of food being trapped against the teeth in the aligners and causing odour or tooth decay.
5. Reinsert your aligners ASAP. Do not leave these out of your mouth for extended amounts of time.



What you need to know about your aligners...

Do aligners hurt?

Each time you wear a new aligner you will feel the aligner pushing on your teeth. At first this might be uncomfortable and then should subside within a day or so.

How long will it take to straighten my teeth?

This depends on how much movement is required – and if you wear your aligners as instructed. After your smile assessment and initial scan the dental professional will be able to give you a timeline for completion.

Will the aligners affect my speech?

It may take a little while to get used to having the aligners in your mouth and some people experience a very slight lisp. The aligners are very thin and moulded perfectly to your teeth to assist with regular speaking.

Can I talk, eat and drink while wearing aligners?

You can drink water with your aligners in. All other liquids or food should be consumed after removing your aligners. You should then rinse with water or clean your teeth/mouth before you replace your aligners.

Am I allowed to chew gum while wearing my aligners? No.

Is smoking prohibited?

Yes. As smoking can stain teeth, it can also stain your aligners.

Can I eat food like Curry and Bolognese?

Yes, provided that you brush your teeth before you wear your aligners again. These food group can stain your aligners and the stain can stay permanent.

If I forget my case, can I wrap my aligners in napkin or paper towel?

No, as you may likely to think it's rubbish and accidentally throw it away. Please always bring your aligner case.

What if I lose my aligners?

Advise your aligner provider immediately if you lose an aligner. Replace this with your last aligner while you wait for a new set. For this reason, it is a good idea to keep your last aligner set clean and stored in a protective case. There could be an additional charge for replacement aligners.