



LONDON
ORTHODONTICS

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DO'S AND DON'TS TO SCAN YOUR SMILE WITH DENTAL MONITORING[®]





HOW TO PROPERLY PUT YOUR **CHEEK** **RETRACTOR ?**

Tips to do it right.

1

SIZE



Do's : always use a cheek retractor adapted to the size of your jaw. If you feel uncomfortable, refer to your Doctor.



Don'ts :

- Do not use a cheek retractor **too small.**
- Do not use a cheek retractor **too big.**



2

POSITION



Do's : stand in front of a mirror and insert the cheek retractor arch down.



Don'ts :

- Do not insert your cheek retractor arch up.
- Do not insert your cheek retractor with the metal inserts toward your skin.



Fully insert your cheek retractor.
It's necessary to put on your cheek retractor before scanning.

3

INSERTION



Do's : insert the cheek retractor one side first, then the other side.



Don'ts :

- Do not insert the cheek retractor with both sides at the same time.
- Do not insert your cheek retractor at the level of the teeth.





HOW TO SCAN WITH YOUR SCANBOX ?

Because your patient experience is important to us, you will find below some rules to use your ScanBox easily.

One video tutorial is also available on our YouTube channel.

- 1 Stand in front of a mirror and open your Dental Monitoring App. Place your smartphone in the ScanBox and secure it.



Do's :

- Check that the light is sufficient.
- Make sure you have selected the right mode (ScanBox) in your App.
- Turn the volume of your smartphone up.
- Make sure the lens of your camera is **aligned with the arrow** of the ScanBox.



Do :

- Remove the case of your smartphone (if one), it may not fit in the ScanBox.



2

Insert your Dental Monitoring cheek retractor and connect your ScanBox to its metal inserts. You'll hear a "click" when it is properly attached.

**Do's :**

- Your molar teeth should be visible.
- Your Dental Monitoring Cheek Retractor should hold your lips away from your teeth.



- Place your ScanBox in the upright position. Your smartphone should be perfectly vertical.

**3**

Double-tap your screen to start scanning and listen carefully to your App's instructions.



4

As you hear the sound of your camera, you shall start moving your ScanBox.



Do's :

- Your movement should be wide - from ear-to-ear - to ensure all your teeth are scanned.
- Your movement should remain centered, only your ScanBox and mobile are moving.



- Your movement should follow the speed of the gauge on your smartphone's screen.



5

Possible positions of your teeth you may be requested to do while scanning.



Do's :

- Mouth slightly opened means you leave the space of a finger between your upper and lower teeth.



- Mouth closed means to bite down: your upper and lower teeth are visible.





Don'ts :

- Leave your tongue in front of your teeth.

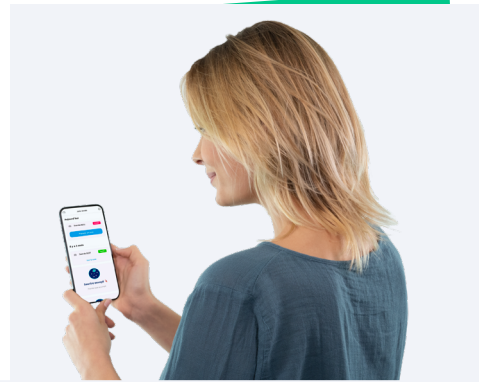
6

If necessary, you can restart your scan by pressing the “retry button”.



Do's :

- Leave enough time for the upload before closing the App.



If you have any question concerning Dental Monitoring and your scanning process, your Doctor and team are the first persons to contact. Through your Dental Monitoring App, they know exactly how your ongoing treatment is evolving. For any technical question about the App, the Dental Monitoring Support team is also available the assist you.



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Website link to video instruction

<https://www.londonorthodontics.com/dental-monitoring-videos/>