

# FAQ

## When can I take my first Dental Monitoring scan?

You can start taking scans as soon as your doctor decides to start monitoring you. You will receive an email at that point. Download the App, log in with the link that was sent by email and off you go!

## How often should I take my scans?

The scan frequency is set by your doctor. If needed, your doctor can request a new scan outside of the preset interval.

## How do I know when it is time for a new scan?

When a new scan is required, you will receive a notification and the first button of the homepage will display "Scan my smile". Tap this button and you can get started!

## How do I use the cheek retractor?

Every time you use the cheek retractor, wash it in warm, soapy water and rinse it off. Insert it arch towards the bottom. If you feel like the retractor is too big or small for your mouth, ask your doctor for a different size. The cheek retractor is essential since it has visual marks that are necessary for us to calculate tooth movement. Once you have taken your scan, place your cheek retractor back in its pouch, and store it somewhere cool and dry.



Comments, feedback and suggestions are more than welcome. Do not hesitate to reach us by phone, e-mail or on social media. We are always happy to hear what you have to say.

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# DENTAL MONITORING<sup>®</sup>

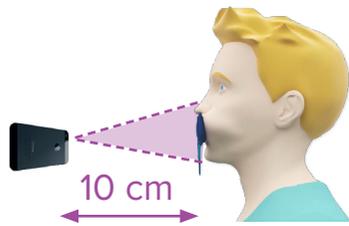
Connected orthodontics



## YOUR DM SCANS VIDEO MODE

# GOLDEN RULES

The following rules have to be observed to take quality scans:



## The cheek retractor

Insert your Dental Monitoring retractor for all scans. You should insert it arch towards the bottom. When recording, hold the retractor with one hand to push/pull it so as to show all your teeth.

## Initial Position

**Landscape orientation:** Turn your smartphone to landscape (horizontal) orientation and face the back camera.

**Distance:** Your smartphone should be held 10 cm away from your retractor (approximately the length of your smartphone). Your face should be visible from chin to nose.

**Lens:** Center the lens of the camera on your mouth.

## Visibility

**Teeth:** Show off your pearly whites! They shouldn't be covered by your lips, tongue or the retractor.

**Exposition:** Avoid backlight, and prefer neutral environments, with a plain background.

**Stabilization:** Resting your elbows on a flat surface is a good solution to stabilize your smartphone.

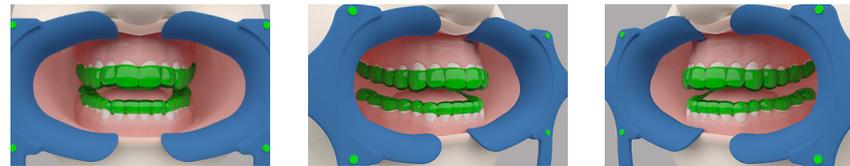
## Duration

Each video lasts **8 seconds**. The recording starts when you press the volume button and stops automatically after each video.

# YOUR VIDEOS

If your treatment involves removable aligners, please wear them in the first video.

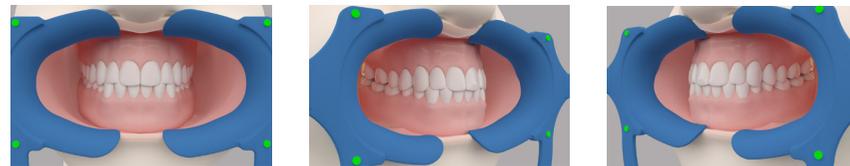
1 This video should be taken with your mouth slightly open.



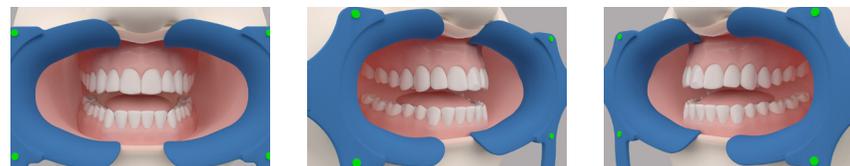
Your doctor will be able to control the fit of your aligners

If your treatment does not involve removable aligners, the video starts here.

2 This video should be taken with your mouth closed.



3 This video should be taken with your mouth slightly opened.



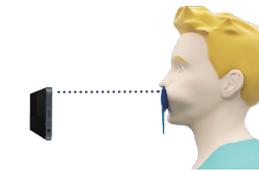
If your treatment involves removable aligners, your videos stop here.

4 This video should be taken with your mouth wide open.



# HOW TO TAKE THE VIDEOS ?

## INITIAL POSITION - All videos

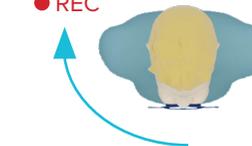


- Position the camera in front of your face.
- Press the volume button to start recording once you are ready.
- Your smartphone should not move when recording, except for the last video of your scan.

## MOVEMENT - Videos 1, 2 and 3

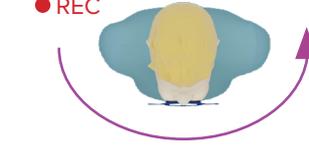
Hold your phone with one hand and the retractor with the other.

● REC



A First, slowly turn your head completely to the right for the first half of the video while holding both your hands in position.

● REC



B Then, slowly turn your head completely to the left for the second half of the video while holding both your hands in position.

## MOVEMENT - Video 4

● REC



A First, slowly tilt your head completely up while tilting your smartphone up.

● REC



B Then, slowly tilt your head down while tilting your smartphone down.



Check the video quality:

At the end of each video, verify that your teeth are clearly visible.