

DENTAL MONITORING

Teaching Patients to Scan

Inserting DM Retractors

- Arch covers the chin, not the nose!
- Insert one side then the other
- Smaller tabs go in the mouth, larger tabs are for holding/pushing/pulling

Scanning Tips

- Where to scan – Wall mounted or desk mounted (make up) mirror (not handheld mirror)
- Phone position
 - Phone screen facing the mirror, camera pointed at the face
 - Distance from face = 4-5” inches (about the length of the phone)
 - IMPORTANT: Hold phone still while scanning
- Camera position – orient phone so camera is on top and centered on teeth
- Elbow position – tuck elbows at sides (standing) or rest on countertop (seated)
- Angle – Looking straight ahead with teeth parallel to the floor
- Head Turn – While holding phone still, turn head shoulder to shoulder
- Pace – slow and steady pace (scan duration is 6 seconds)
- Retractor Pull/Push
 - Use one hand to pull/push retractor toward ear lobe while phone is held in other hand
 - If turning head left, push or pull retractor to show teeth on right side
 - If turning head right, push or pull retractor to show teeth on left side

Practicing the Scanning Mechanics

- No phone – With one hand practice turning head shoulder to shoulder while pulling/pushing retractors
- With phone (black screen) – position phone 4-5” away from mouth and practice holding phone still while turning head shoulder to shoulder while pulling/pushing retractors

When Ready to Scan

- Follow instructions for aligners in or aligners out
- Single green dotted line = bite firmly together
- Double green dotted line (slightly apart) = teeth slightly apart (about one finger width apart)
- Make sure all four (4) green dots on retractors are visible in screen
- Red oval = adjust distance
- Green oval = ready to scan
- Push volume up button or tap screen to begin scan
- Will see progress bar scrolling across top of screen during 6 second scan
- Steady pace turning head shoulder to shoulder while pulling/pushing retractors

Occlusal Scans (Braces Patients)

- Double green dotted line (farther apart)
- With retractors in the mouth, open mouth wide
- Upper arch – look up slightly, tip top of phone away from face to angle camera up
- Lower arch – look down slightly, tip top of phone toward face to angle camera down

Smartphone Video Scanning ALIGNERS

1

Aligners **In**
Teeth Apart



2

Aligners **Out**
Teeth Together



3

Aligners **Out**
Teeth Apart

