DO’S AND DON’TS TO SCAN YOUR SMILE WITH DENTAL MONITORING®

by DentalMind
**How to Properly Use Your DM Cheek Retractor?**

Tips to do it right

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**1. Size**

**Do:** Always use a Cheek Retractor adapted to the size of your jaw. If you feel uncomfortable, check with your Doctor.

**Don’t:**
- Do not use a Cheek Retractor too small. Not all teeth will show.
- Do not use a Cheek Retractor too large. It may be painful or hurt you.
2. **POSITION**

**Do:** Stand in front of a mirror, insert your Cheek Retractor arch down and the metal inserts facing towards the mirror.

**Don't:**
- Do not insert your Cheek Retractor arch up.
- Do not insert your Cheek Retractor with the metal inserts facing towards you.

3. **INSERTION**

**Do:** Insert your Cheek Retractor one side first, then the other side.

**Don't:**
- Do not insert the Cheek Retractor with both sides at the same time.
- Do not insert your Cheek Retractor at the level of your teeth.

Fully insert your Cheek Retractor. It's necessary to put on your Cheek Retractor before scanning.
HOW TO SCAN WITH YOUR DM SCANBOX?

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

A 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 with the strap-holder.

Do:

- Check that the light is sufficient.
- Turn up the volume of your smartphone and make sure your phone is not set to mute.
- Make sure the lens of your camera is aligned with the arrow of the ScanBox.

Do:

- Remove the case of your smartphone if you have one, as it may not fit in the ScanBox.
2

Insert your Cheek Retractor and connect your ScanBox to its metal inserts. You’ll hear a “click” when it is properly attached.

Do:

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

3

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

- Place your ScanBox in the upright position.
As you hear the sound of your camera, start moving your ScanBox.

**Do:**
- 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 should be moving.

• Your movement should follow the speed of the gauge on your smartphone’s screen.

**Possible positions you may need to move your teeth and jaws to while scanning**

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

**Do:**
- Leave enough time for the upload to complete closing the App.

If you have any questions concerning Dental Monitoring and your scanning process, your Doctor and team are the first people 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 to assist you.
The Dental Monitoring App is available in the App Store or Google Play Store.

Our customer support is always happy to help:
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