



CLEAR BLUE SMILES™

Suresmile® Aligner

#4 Aligners Clinical Protocols

Appointment #2

OVERVIEW

Review and confirm for digital setup.

Review ordering protocol for complete clear aligners.

Review clinical protocols for clear aligner treatment.

PREPARATION

Review handout:
#3 Ordering Complete Aligners

Review handout:
#4 Aligner Clinical Protocols

APPOINTMENT

Appointment time commitment: 30 minutes

Contact Ortho Mentor during case triage as needed for additional support.

Appointment #2

STEP 1

Review and confirm modifications in digital setup.

STEP 2

Review Occlusion.

Digital Setup Evaluation:

1. SHO
2. THO

STEP 3

Review ordering complete aligner protocol.

STEP 4

Review Clinical Protocols:

Clear Aligner:

1. Delivery appointment
2. Dispensing protocol
3. Progress visits



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Step 4: Review Clinical Protocols

Step 4: Review Clinical Protocols

- **Clear Aligner Delivery**
- **Clear Aligner Dispensing Protocol**
- **Clear Aligner Adjustments Visits**



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Clear Aligner Delivery

Step 1: Place Attachments



Flowable Composite



Universal Adhesive



Attachment Workflow

- 1. Etch and prime teeth receiving attachments**
- 2. Use flowable and slightly over-fill wells in attachment template**
- 3. Place template onto teeth**
- 4. Cure attachments**
- 5. Polish flash around attachments and floss the teeth**

Attachments: Restorations



170-5284



590-1905



Attachment Workflow: Restoration

1. Rough surface of restoration with a diamond bur in the area where attachment will be placed
2. Etch porcelain for 4 mins (with excellent isolation) and rinse and dry extremely well
3. Paint Silane and over etched area and quick dry (not desiccated)
4. Paint Adhesive on affected area
5. Use flowable and slightly over-fill wells in attachment template
6. Place template onto teeth
7. Cure attachments
8. Polish flash around attachments and floss the teeth

Step 2: Perform IPR



Red Strip	.1 mm	QS-MB
Blue Strip	.2 mm	QS-CG
Green Strip	.3 mm	QS-FR



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Clear Aligner Dispensing Protocol

Step 1

- Perform occlusal adjustment for SHO/THO*
- Use the rule of “3’s” Dispensing Protocol*
- Seat 1st Aligner*
- Patient Instructions*

Review SHO

Static hyper-occlusion will appear as red occlusal markings on the final staged models or last set of aligners. This is a planned, intentional collision to obtain a better fit of the occlusion during the treatment planning stage. Inform the patient that it will be adjusted at the aligner delivery appointment.

Select Initial Staged Model

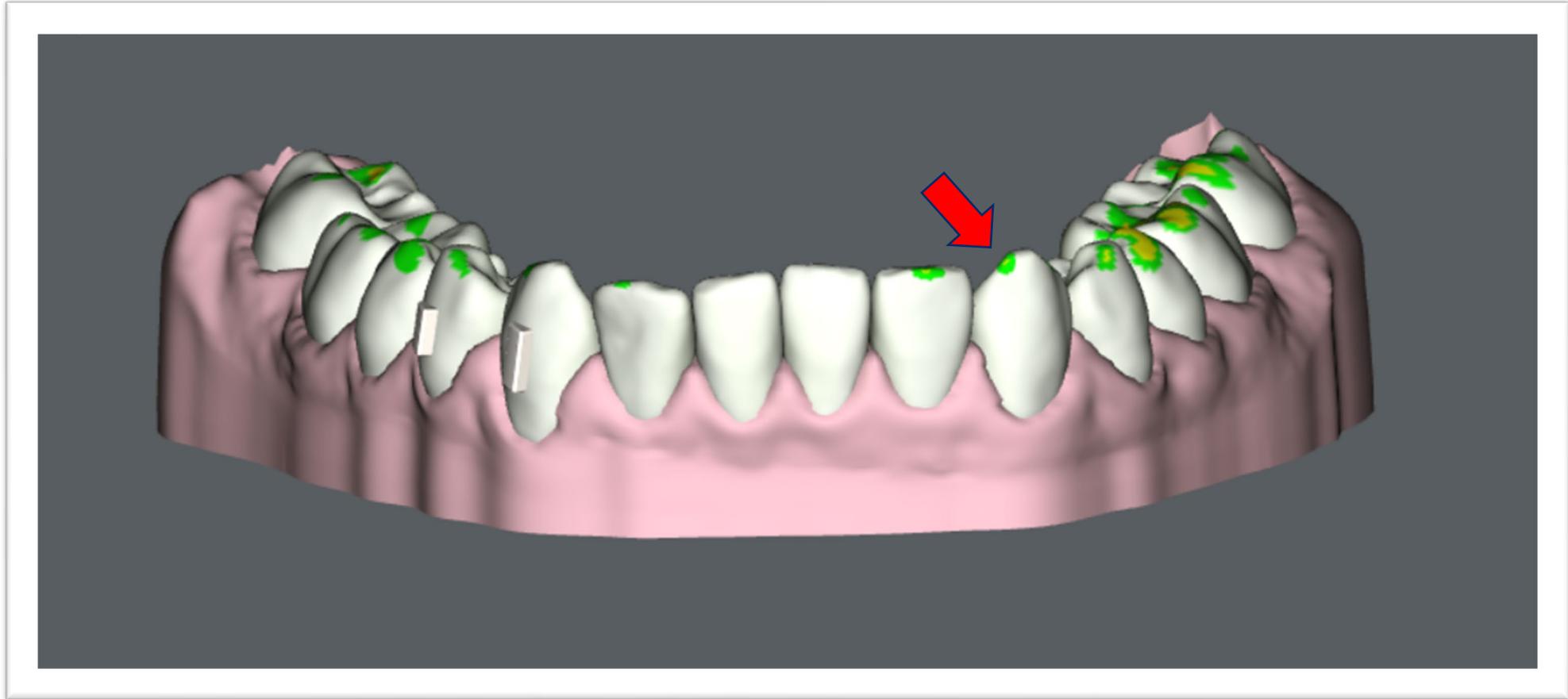
The screenshot displays the SureSmile Aligner software interface. At the top, the patient name "Jean Frost (R2N6)" and the stage "Setup & Staging 1 (Ready for Review)" are visible. A "Checklist and Overview" panel on the left lists the following items, all of which are checked with green checkmarks:

- Overview
- Setup and Staging Review
 - Labial View
 - Right Buccal View
 - Left Buccal View
 - Upper Occlusal
 - Lower Occlusal
 - IPR / Attachment / Trimline

Below the checklist is a "Request Modifications" toggle switch and a button labeled "Approve & Order Aligners". The main area shows a 3D model of a dental arch in a patient view. At the bottom, a "Camera (Patient View) Navigation" bar includes a timeline with a red box highlighting the number "1" and a red arrow pointing to it from below. Other navigation icons include back, play, and zoom controls.

Review SHO

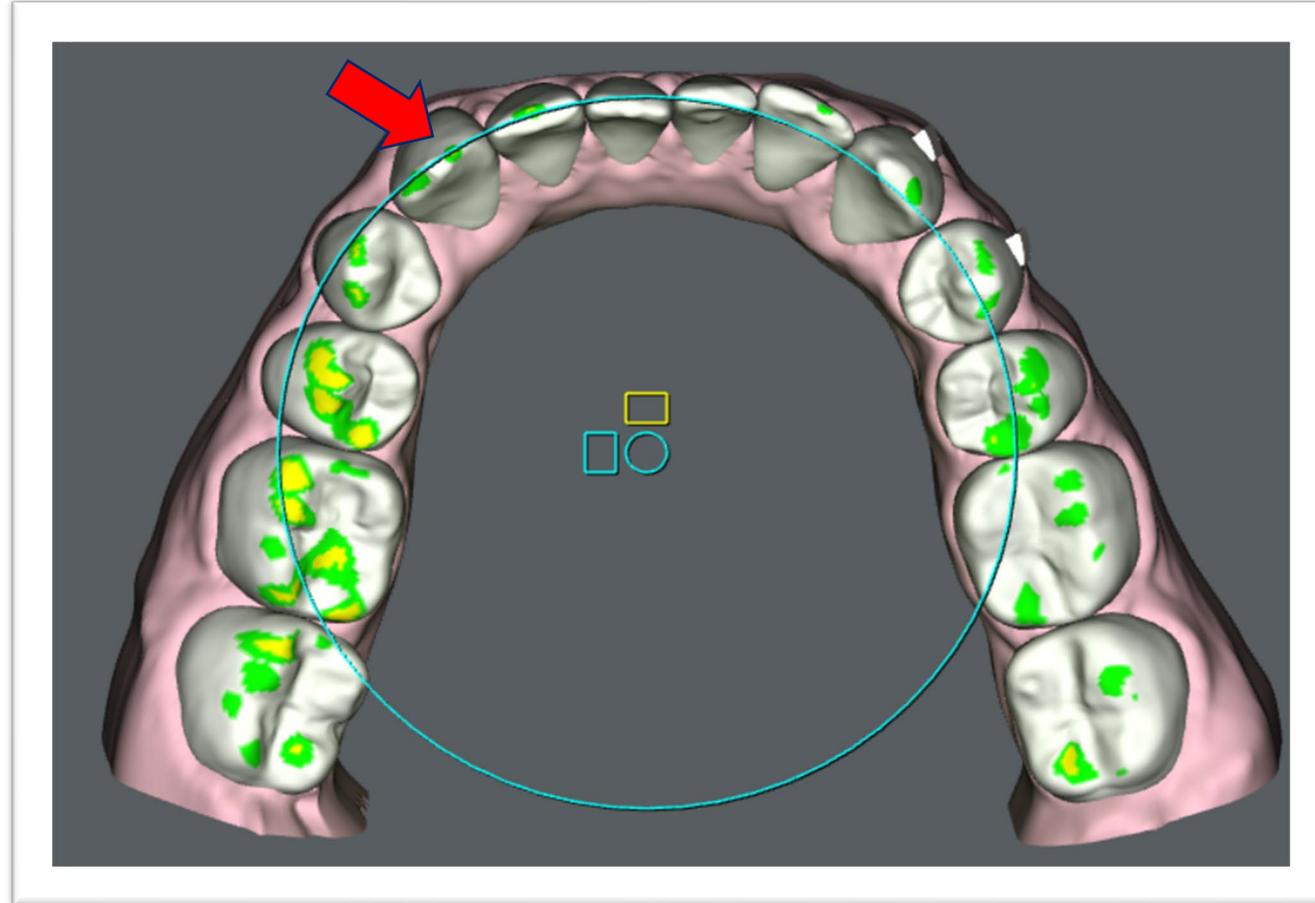
Initial Stage



Notice light occlusal marking

Review SHO

Initial Stage



Notice light occlusal marking

Select Final Staged Model

The screenshot displays the SureSmile Aligner software interface. At the top, the patient name is "Jean Frost (R2N6)" and the current stage is "Setup & Staging 1 (Ready for Review)". A "Checklist and Overview" panel on the left lists the following items, all of which are checked with green checkmarks:

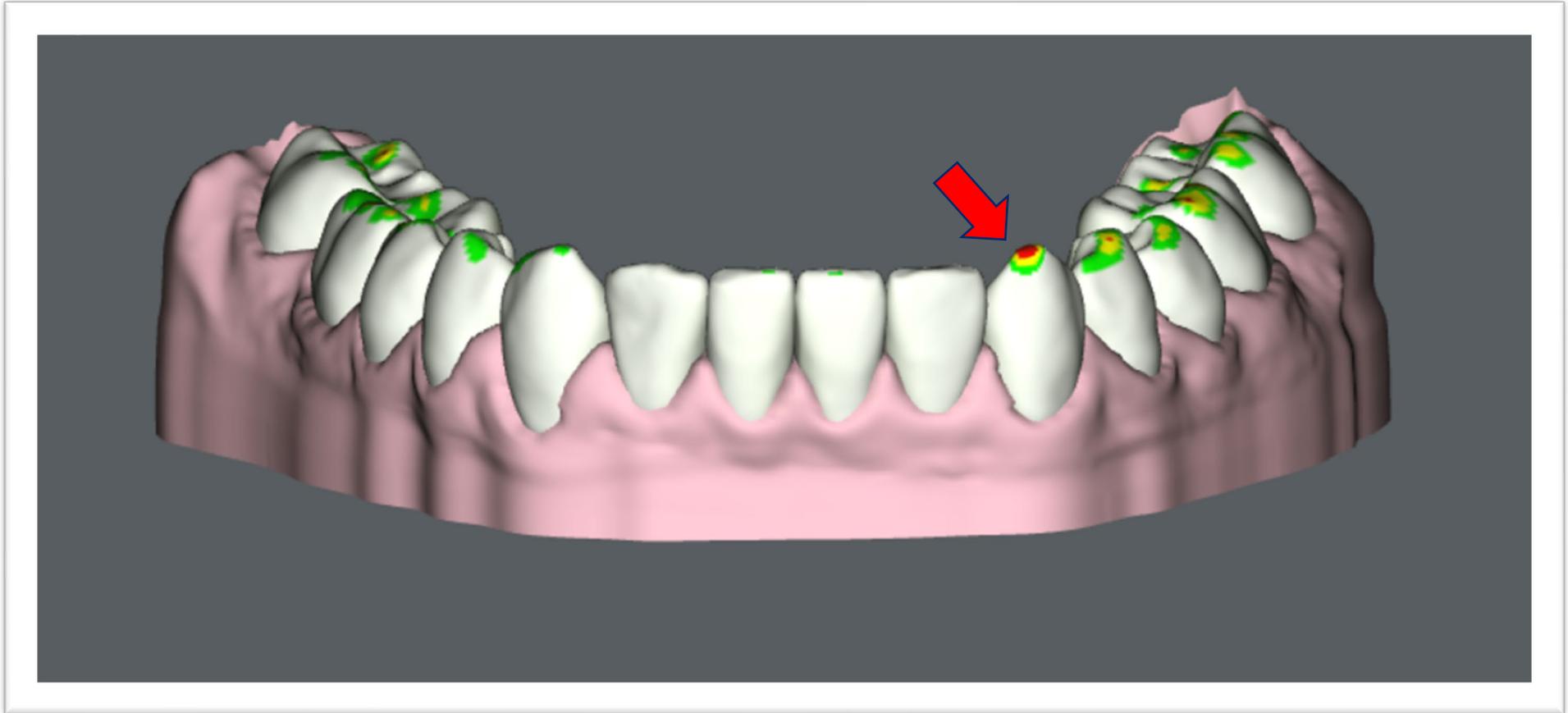
- Overview
- Setup and Staging Review
 - Labial View
 - Right Buccal View
 - Left Buccal View
 - Upper Occlusal
 - Lower Occlusal
 - IPR / Attachment / Trimline

Below the checklist is a "Request Modifications" toggle switch, which is currently turned off. At the bottom of the checklist panel is a button labeled "Approve & Order Aligners". The main central area shows a 3D model of a patient's teeth in a patient view. At the bottom of the interface is a "Camera (Patient View) Navigation" bar with a timeline from 1 to 21. The number 21 is highlighted with a red box, and a red arrow points to it from below. To the right of the timeline are navigation icons for "R" (Right) and "L" (Left), and buttons for "Legend" and "Treatment Details".



Review SHO

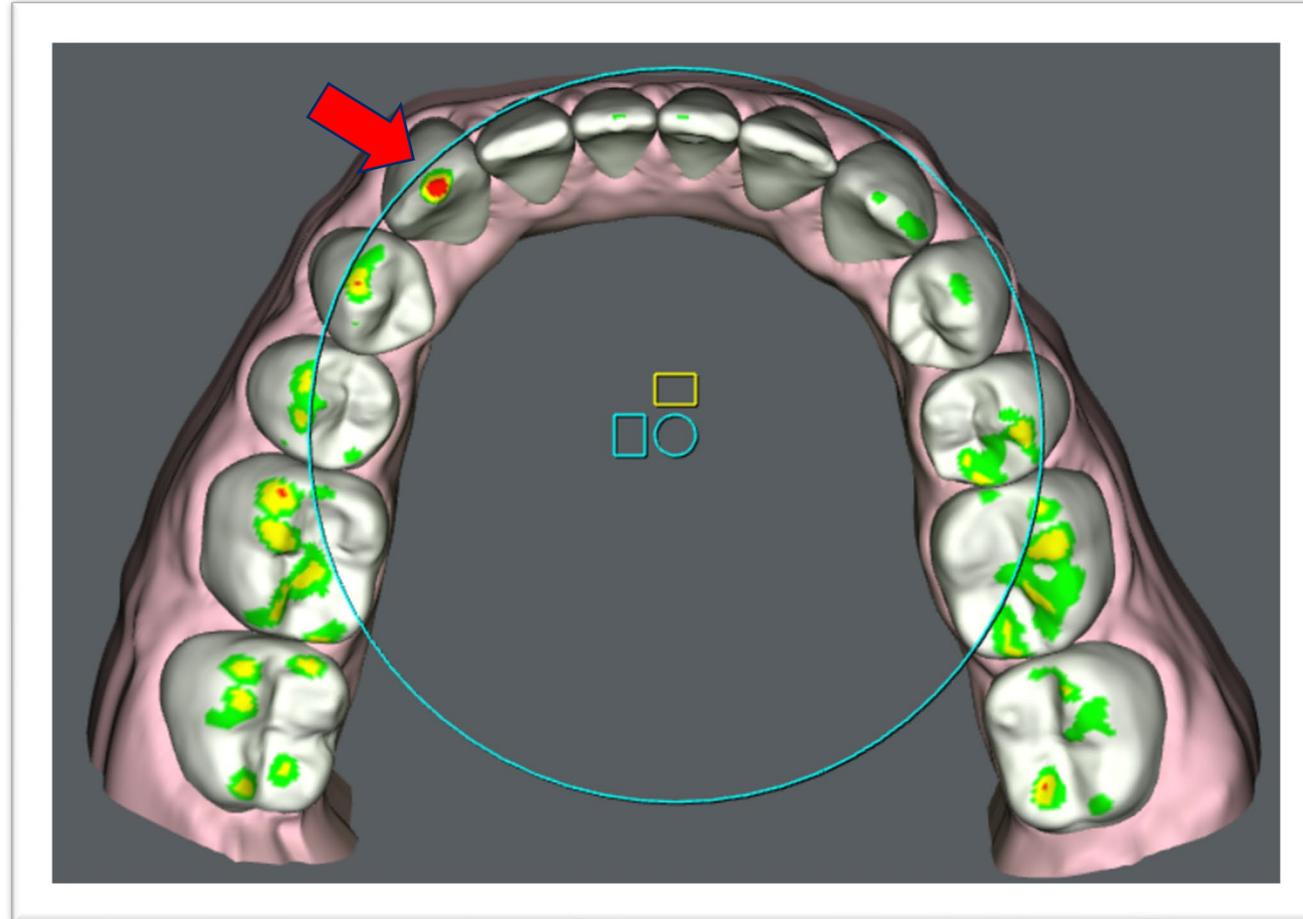
Final Stage



Notice purposeful over-corrected occlusal marking

Review SHO

Final Stage



Notice purposeful over-corrected occlusal marking

Review THO

Transitory hyper-occlusion can occur when progressing through aligner treatment and will appear as red markings on the staged models. The patient may not be able to bite all the way down or may have sensitivity from prolonged hyper-occlusion like a high filling. Advise the patient at delivery this may occur and adjust if necessary.

Select Play Button

The screenshot displays the SureSmile Aligner software interface. At the top, the patient name is Jean Frost (R2N6) and the current step is Setup & Staging 1 (Ready for Review). A checklist on the left side shows the following items:

- Overview: Click the Notes Tab and review the notes from the Digital Lab (DL). Go to next step to begin reviewing the setup in different views, and review IPR.
- Setup and Staging Review
 - Labial View
 - Right Buccal View
 - Left Buccal View
 - Upper Occlusal
 - Lower Occlusal
 - IPR / Attachment / Trimeline

Below the checklist is a toggle for 'Request Modifications' which is currently turned off. At the bottom of the interface is a 'Camera (Patient View) Navigation' bar with a play button highlighted by a red arrow. The navigation bar also includes a timeline with markers at 1, 5, 10, 15, 20, and 21, and icons for 'Legend' and 'Treatment Details'.

Review THO

Patient Database Tasks Denise Dodd (L5Y7) Setup & Staging 1 (To Review / Not ordered) SureSmile Aligner

Checklist and Overview

- Overview
- Setup and Staging Review
 - Labial View
 - Right Buccal View
 - Left Buccal View
 - Upper Occlusal
 - Lower Occlusal
 - IPR / Attachment / Trimline

Request Modifications

Approve & Order Aligners

Cancel Full Service Aligner Case

Camera (Object View) Navigation

Legend Tooth movement

1 5 10 15 39



Review THO

The screenshot displays the SureSmile Aligner software interface. At the top, the patient name is Denise Dodd (L5Y7) and the case is Setup & Staging 1 (To Review / Not ordered). The main window shows a 3D model of the upper dental arch with occlusal markings in green and yellow. A red arrow points to the start of heavy occlusal marking on the left side. The left sidebar contains a Checklist and Overview with the following items:

- Overview (checked)
- Setup and Staging Review
 - Labial View (checked)
 - Right Buccal View (checked)
 - Left Buccal View (checked)
 - Upper Occlusal (checked)
 - Lower Occlusal (checked)
 - IPR / Attachment / Trimline (play icon)

Below the checklist is a 'Request Modifications' toggle and an 'Approve & Order Aligners' button. At the bottom, there is a 'Camera (Object View) Navigation' bar with a timeline from 1 to 39, a red arrow pointing to the number 8, and a 'Tooth movement' legend.

Notice start of heavy occlusal marking

Review THO

Patient Database Tasks Denise Dodd (L5Y7) Setup & Staging 1 (To Review / Not ordered) SureSmile Aligner

Checklist and Overview

- Overview
- Setup and Staging Review
 - Labial View
 - Right Buccal View
 - Left Buccal View
 - Upper Occlusal
 - Lower Occlusal
 - IPR / Attachment / Trimline

Request Modifications

Approve & Order Aligners

Cancel Full Service Aligner Case

Camera (Object View) Navigation

1 5 10 12 15 39 Legend Tooth movement

Review THO

The screenshot displays the SureSmile Aligner software interface. At the top, the patient name is Denise Dodd (L5Y7) and the case is Setup & Staging 1 (To Review / Not ordered). The main window shows a 3D model of the upper dental arch with occlusal markings in green and yellow. A red arrow points to the end of a heavy marking on the left side. On the left side, there is a 'Checklist and Overview' panel with the following items: Overview (checked), Setup and Staging Review (checked), Labial View (checked), Right Buccal View (checked), Left Buccal View (checked), Upper Occlusal (checked), Lower Occlusal (checked), and IPR / Attachment / Trimline (not checked). Below the checklist is a 'Request Modifications' toggle and an 'Approve & Order Aligners' button. At the bottom, there is a 'Camera (Object View) Navigation' bar with a timeline showing tooth numbers 1, 14, 15, 18, 20, 25, 27, and 39. A red arrow points to the 18 mark on the timeline. To the right of the timeline are 'Legend' and 'Tooth movement' icons.

Notice end of heavy occlusal marking

Step 2

- Perform occlusal adjustment for SHO/THO*
- Use the rule of “3’s” Dispensing Protocol*
- Seat 1st Aligner*
- Patient Instructions*

Rule of 3's- The ALIGNER DISPENSING PROTOCOL is based on the functionality of the software.

- **The first 1/3 of the trays are worn for 2 weeks each**
- **The second 1/3 of the trays are worn for 10 days each**
- **The last 1/3 of the trays are worn for 7 days each**

Aligner Clinical Protocol

Example: 15 trays

- *5 trays* are worn for 2 weeks each
- *5 trays* are worn for 10 days each
- *5 trays* are worn for 7 days each

Example: 16 trays

- *6 trays* are worn for 2 weeks each
- *5 trays* are worn for 10 days each
- *5 trays* are worn for 7 days each

Example: 17 trays

- *6 trays* are worn for 2 weeks each
- *6 trays* are worn for 10 days each
- *5 trays* are worn for 7 days each

****18 trays will end up as 6 for 2 weeks, 6 for 10 days, and 6 for 7 days***

Step 3

- Perform occlusal adjustment for SHO/THO*
- Use the rule of “3’s” Dispensing Protocol*
- Seat 1st Aligner*
- Patient Instructions*

Seat the 1st set of Aligners to receive bio-feedback on the “tightness” and “feel” of a 2-week tray.

Step 4

- Perform occlusal adjustment for SHO/THO*
- Use the rule of “3’s” Dispensing Protocol*
- Seat 1st Aligner*
- Patient Instructions*

Patient Starter Kit



When aligner are ordered, starter kit will auto-ship to your office.

Patient Starter Kit



Patient Instructions

- Wear 22 hours per day. Only remove to eat or brush your teeth. Water is fine.
- When removed, rinse and brush with cool water. Never use toothpaste or mouth wash.
- Always keep current aligner in white case. Keep last aligner in blue case. Bring both cases with aligners to each appointment.
- Use Chewies 15-20 mins per day for 1st three days of each aligner. Left, right and front.
- Use a cleaning tablet once per week.



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Clear Aligner Progress Visits

Step 1

- Check fit of the current aligner*
- Check contacts with floss*
- Check for hyper-occlusion*
- Place new aligners to test “feel” and “tightness” of aligners*
- Follow “Rule of 3’s” dispensing protocol*

Step 1

Check fit of the current aligner

If a patient can easily speak, seat and remove the aligners, then compliance is high. If the aligners do not seat on all the teeth, then compliance is low. If the aligners do not seat on 1 or 2 teeth, then IPR or hyper-occlusion may be an issue.

Step 2

- Check fit of the current aligner*
- Check contacts with floss*
- Check for hyper-occlusion*
- Place new aligners to test “feel” and “tightness” of aligners*
- Follow “Rule of 3’s” dispensing protocol*

Step 2

Check contacts with floss

Finish any prescribed IPR not completed at the delivery visit. Even if all IPR has been completed as prescribed, floss the contacts, and if the floss is tight, use the red strip to free the contact.

Step 3

- Check fit of the current aligner*
- Check contacts with floss*
- Check for hyper-occlusion*
- Place new aligners to test “feel” and “tightness” of aligners*
- Follow “Rule of 3’s” dispensing protocol*

Step 3

Check for hyper-occlusion

Even if SHO/THO has been completed, use occlusal marking paper, and if heavy marks are noted, then perform another occlusal adjustment.

Step 4

- Check fit of the current aligner*
- Check contacts with floss*
- Check for hyper-occlusion*
- Place new aligners to test “feel” and “tightness” of aligners*
- Follow “Rule of 3’s” dispensing protocol*

Step 4

Place new aligners to test “feel” and “tightness” aligners

Seat the next set of Aligners to receive bio-feedback on the “tightness” of the fit. This will provide the feel of a 10-day and 7-day tray.

Step 5

- Check fit of the current aligner*
- Check contacts with floss*
- Check for hyper-occlusion*
- Place new aligners to test “feel” and “tightness” aligners*
- Follow “Rule of 3’s” dispensing protocol*

Step 5

Follow “Rule of 3’s” dispensing protocol

Rule of 3’s- The ALIGNER DISPENSING PROTOCOL is based on the functionality of the software.

- The first 1/3 of the trays are worn for 2 weeks each
- The second 1/3 of the trays are worn for 10 days each
- The last 1/3 of the trays are worn for 7 days each



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Clinical Pearls

What Will Prevent Aligners From Tracking?

- Poor Compliance*
- Intra-arch Collisions (Lack of IPR)*
- Inter-arch Collisions (Hyper-occlusion)*
- Poor Digital Setup*



Dentsply Sirona

18982

Polishing Brush-Med 12pk



***Buy a 12-pack of these polishing wheels. They will trim and polish the aligner or retainer in case of gingival impingement or to smooth the edges.**