



**CLEAR BLUE SMILES™**

**Suresmile® Aligner**

**#5 Aligner**

**Clinical Protocols**

# Expert Review #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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# Expert Review #2

## OVERVIEW

Review and confirm digital setup.

Review ordering protocol for complete clear aligners.

Review clinical protocols for clear aligner treatment.

## PREPARATION

Review handout:  
#4 Ordering Complete Aligners

Review handout:  
#5 Aligner Clinical Protocols

## APPOINTMENT

Appointment time commitment: 30 minutes

Contact Blue Expert during case triage as needed for additional support.



The logo features a stylized white smile with a blue gradient at the top. Below it, the text "CLEAR BLUE SMILES™" is written in white, bold, uppercase letters. The background is a blue gradient with white, brush-stroke-like shapes that resemble water or waves.

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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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***THANK YOU***

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**Clear Aligner Delivery**

# Clear Aligner Delivery

- **Placing Attachments**
- **Interproximal Reduction (IPR)**

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## ***Attachments***

# Attachments Armamentarium



Standard 34% Acid Etch



Universal Adhesive



Universal Flowable Composite



Fine Diamond Bur

# Step 1

- Locate the clear aligner attachment templates in the SureSmile aligner box
- Locate the patient attachment/IPR diagram form in SureSmile aligner box

# Step 2

- Execute technique one arch at a time
- Isolate each arch with cotton rolls
- Retractor

# Step 3

- Etch the buccal surface of each tooth indicated on the template form
- Place adhesive on the buccal surface of each tooth that has been etched

# Step 4

- Fill the template attachment wells fully with flowable composite resin
- Seat template in place
- Use a rigid instrument like a scaler to press the template firmly against the buccal surfaces for optimal contact
- Light cure fully

# Step 5

- Use a scaler to flex the template away from each attachment
- Use fingers to remove template completely
- Using the fine football and a scaler, carefully remove flashing around buccal/facial surfaces of each attachment, taking care not to touch the attachments
- Floss mesial and distal contacts of each tooth that received an attachment to remove excess flash



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# ***Attachments to Restorations***



# Attachments Armamentarium Restorations



Hydrofluoric Acid Etch



Silane Coupling Agent



# 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

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***THANK YOU***



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***IPR***



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***Interproximal Strips***

# Hand IPR Armamentarium



- Qwikstrips
- Single sided, straight
- Non-serrated
- .1 mm-.4 mm reduction

# Hand IPR Armamentarium



- Qwikstrips
- Single sided, straight
- Non-serrated
- .1 mm-.4 mm reduction

# Hand IPR Armamentarium



- Qwikstrips
- Single sided, straight
- Non-serrated
- .1 mm-.4 mm reduction



# Hand IPR Technique



- For .1-.4 mm reduction, use Qwikstrips
- Breaking the contact with yellow strip
- Then, running the red strip through contact= .1 mm
- Then, running the blue strip through the contact= .2 mm
- Then, running the green strip through= .3 mm
- Then, running the black strip through= .4 mm



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***Handpiece IPR***

# Handpiece IPR Armamentarium



- Mosquito bur
- For any IPR over .3 mm

# Handpiece IPR Armamentarium



- Flame Shaped finishing bur
- Contour line angles to prevent ledging

# Handpiece IPR Armamentarium



- Metal finishing strips (4 mm wide)
- Fine & medium grit to contour contacts
- Single sided, Autoclavable

# Handpiece IPR Armamentarium



## Enhance® mini

### Finishing system

- Improved access and versatility especially on smaller restorative surfaces due to smaller shapes
- Available as cup, disc or point
- For preparing composite surfaces for their final polish

# Handpiece IPR Armamentarium



**Nupro Disposable Propphy Angles**



**Nupro Extra Care Propphy Paste**

# Handpiece IPR Armamentarium

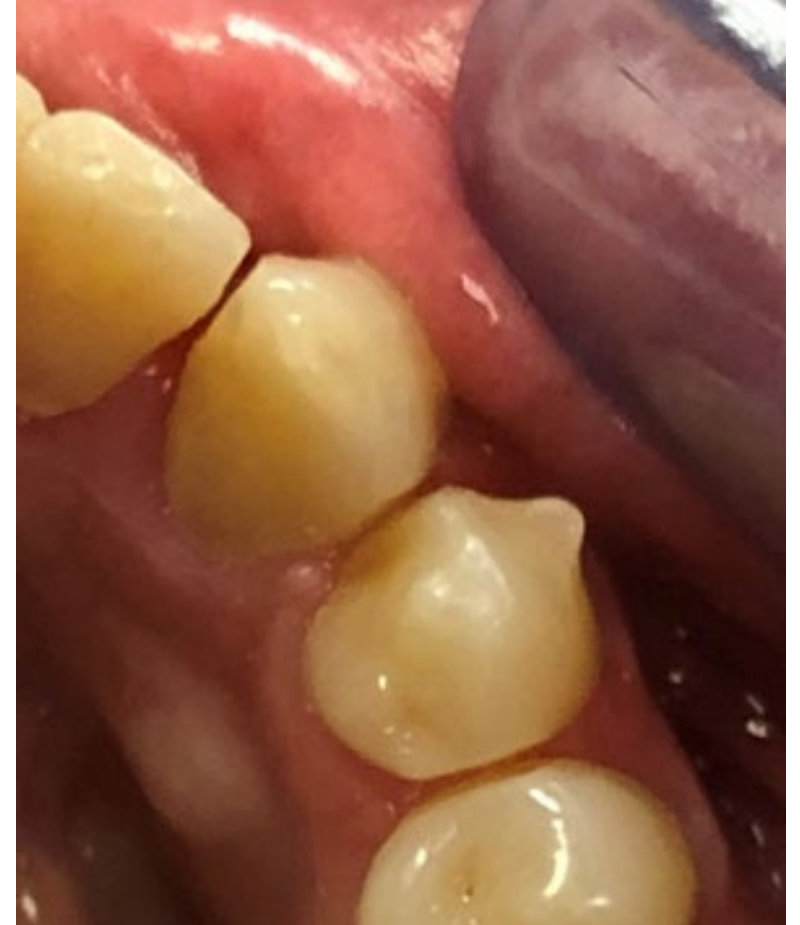


- IPR gauges
- .1 mm-.5 mm

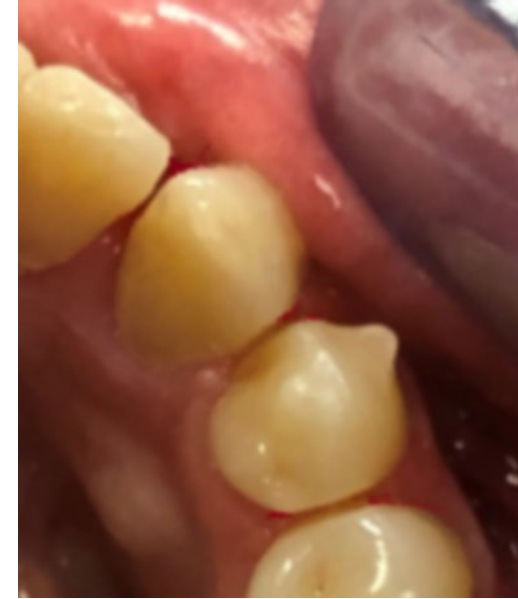


# Handpiece IPR

- For over .3 mm, use mosquito bur to break contacts
- Then, use fine finishing bur to slightly round incisal edges and/or line angles to prevent ledging
- Then, smooth with medium and fine metal finishing strips
- Then, use Enhance mini system with Prisma gloss
- Finish with Nupro polishing cup and Nupro extra care paste



# Handpiece IPR





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**Clinical Pearl**



# 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.**

***THANK YOU***

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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 1<sup>st</sup> Aligner***
- Patient Instructions***

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# 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 is "Jean Frost (R2N6)" and the current step is "Setup & Staging 1 (Ready for Review)". The main window shows a 3D model of a patient's teeth in a patient view. On the left, a "Checklist and Overview" panel is visible, containing the following items:

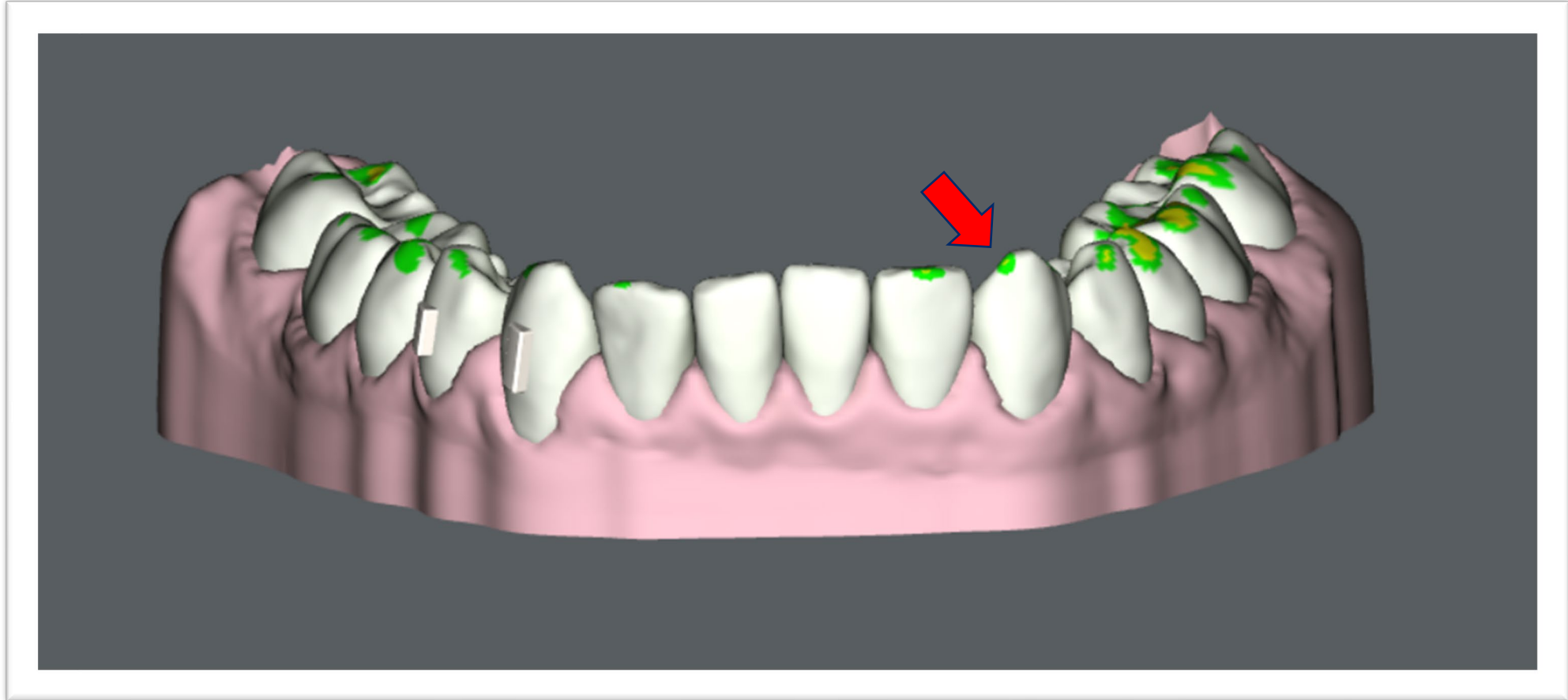
- Overview: Click the Notes Tab and review the notes from the Digital Lab (DL). Go to next step to begin reviewing the setup in different views, and review IPR.
- Setup and Staging Review (checked):
  - Labial View (checked)
  - Right Buccal View (checked)
  - Left Buccal View (checked)
  - Upper Occlusal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

Below the checklist is a "Request Modifications" toggle switch. At the bottom of the interface is a "Camera (Patient View) Navigation" bar with a timeline from 0 to 21. A red box highlights the number "1" on the timeline, with a red arrow pointing to it from below. Other navigation icons include back, play, and forward buttons, as well as a legend and treatment details button.



# Review SHO

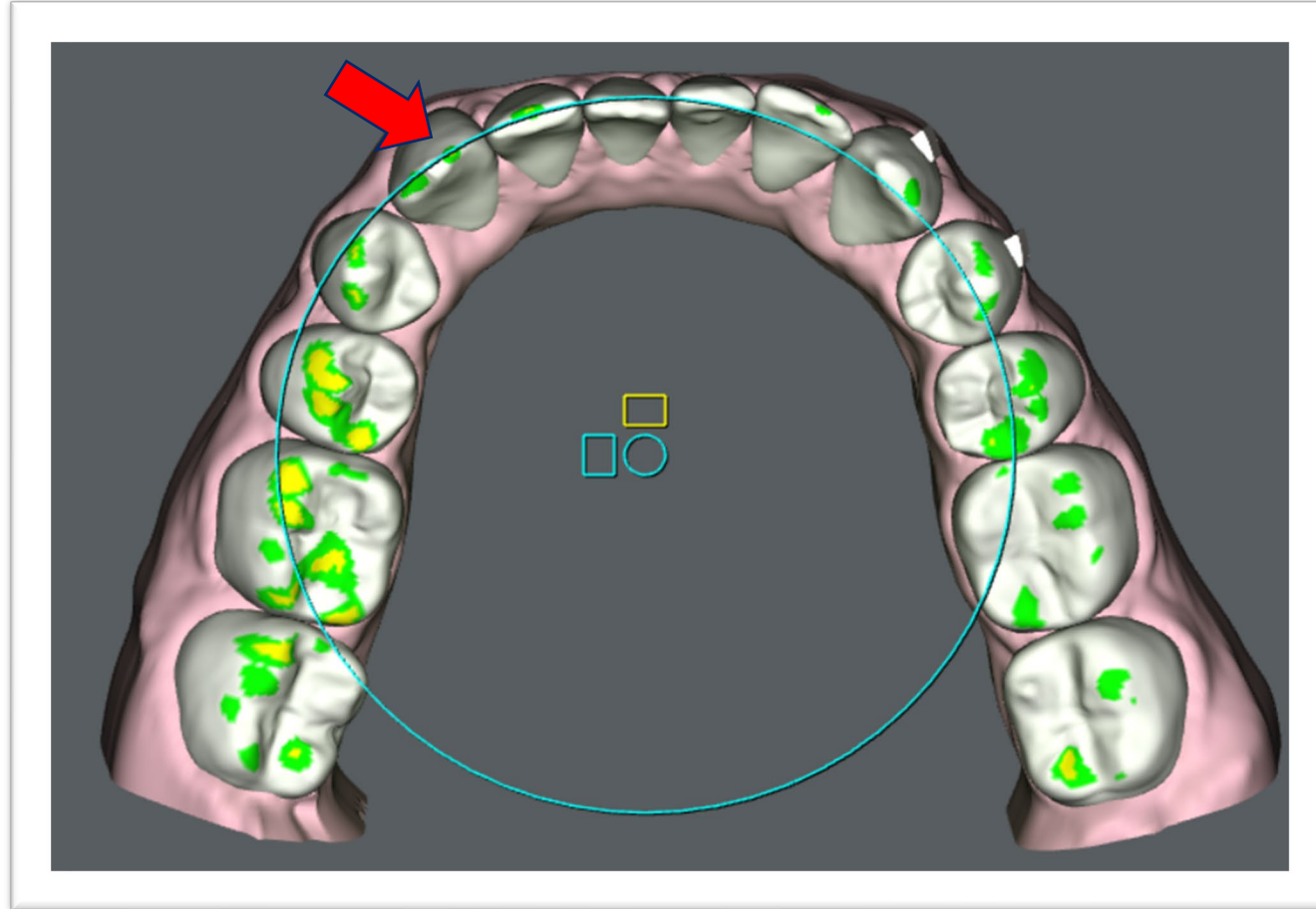
## *Initial Stage*



**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:

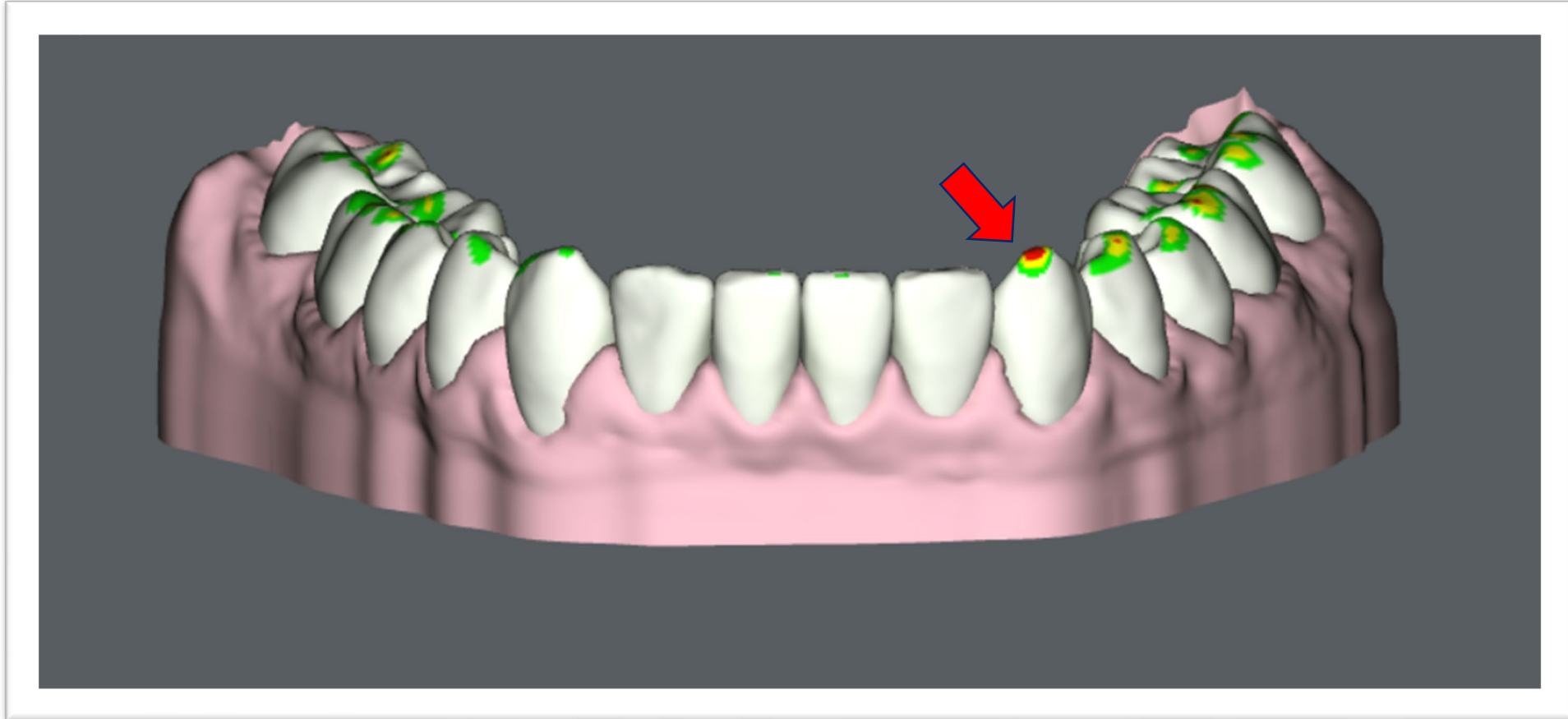
- Overview
- Setup and Staging Review
  - Labial View
  - Right Buccal View
  - Left Buccal View
  - Upper Occlusal
  - Lower Occlusal
  - IPR / Attachment / Trimline

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 pinkish-red color, viewed from a patient perspective. 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 upwards from below the box. To the right of the timeline are navigation icons for "R" (Right) and "L" (Left), and buttons for "Legend" and "Treatment Details".



# Review SHO

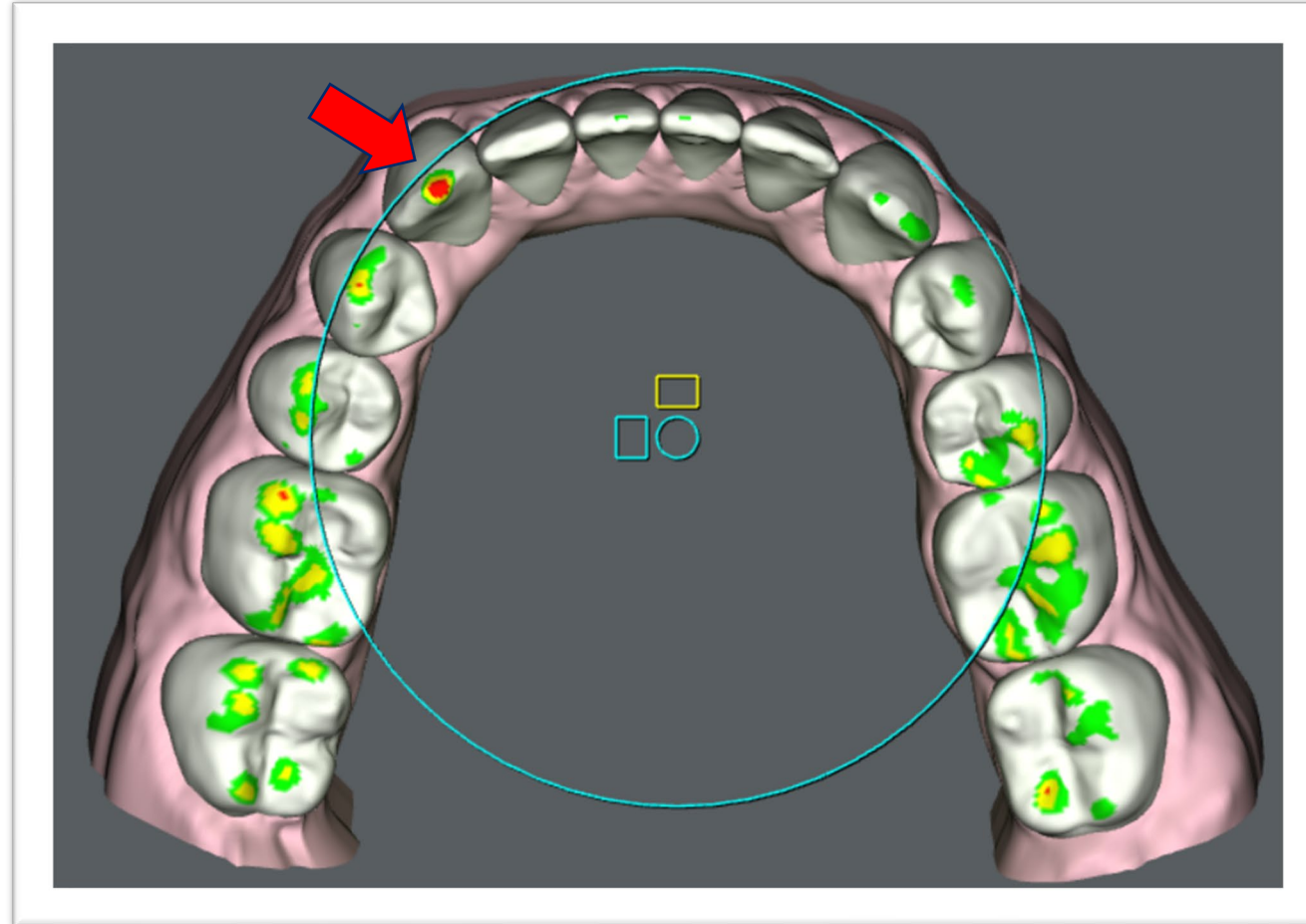
## *Final Stage*



**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). The main area shows a 3D model of a patient's teeth in a patient view. On the left, a checklist titled 'Checklist and Overview' is visible, with 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 'Request Modifications' toggle switch. At the bottom of the interface is a navigation bar with a play button icon, a timeline, and other controls. A red arrow points to the play button icon.





# Review THO

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

Checklist and Overview

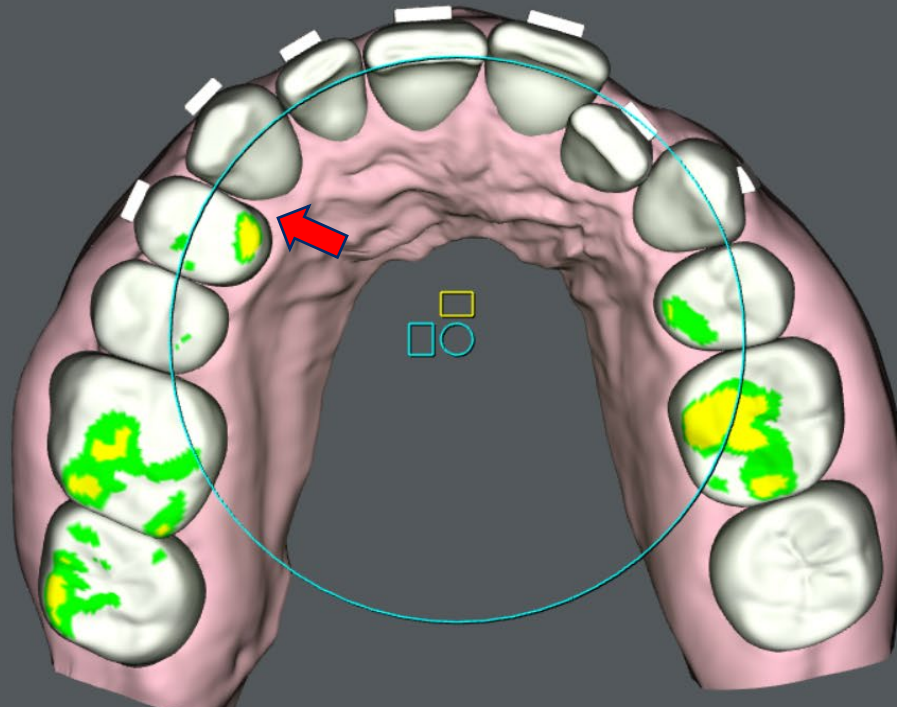
- Overview
- Setup and Staging Review
  - Labial View
  - Right Buccal View
  - Left Buccal View
  - Upper Occlusal
  - Lower Occlusal
  - IPR / Attachment / Trimline

Request Modifications

Approve & Order Aligners

Cancel Full Service Aligner Case

Camera (Object View) Navigation



The image shows a 3D digital model of a patient's upper dental arch. The teeth are rendered in a semi-transparent white color, revealing the underlying pink gum tissue. A red arrow points to a specific area on the left side of the arch, near the premolar teeth. The model is surrounded by a blue circular selection ring. In the center of the arch, there are several small colored squares (yellow, blue, red) and a blue circle, likely representing different stages or types of tooth movement. The interface includes a checklist on the left with items like 'Overview', 'Labial View', 'Right Buccal View', 'Left Buccal View', 'Upper Occlusal', 'Lower Occlusal', and 'IPR / Attachment / Trimline'. At the bottom, there is a navigation bar with a timeline from 1 to 39, and icons for 'Legend' and 'Tooth movement'.



# Review THO

The screenshot displays the SureSmile Aligner software interface. At the top, the patient's name is Denise Dodd (L5Y7) and the case is Setup & Staging 1 (To Review / Not ordered). The main view shows a 3D model of the upper teeth with occlusal markings in green and yellow. A red arrow points to the start of heavy occlusal marking on the left side. The interface includes a checklist on the left, a top navigation bar, and a bottom timeline.

**Checklist and Overview**

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

**Camera (Object View) Navigation**

Timeline: 1, 5, 8, 10, 15, 39

Legend: R →, R →

Tooth movement



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

Timeline: 1, 5, 10, 12, 15, 39

Legend, Tooth movement



# Review THO

The screenshot displays the SureSmile Aligner software interface. At the top, the patient database shows "Denise Dodd (L5Y7)" and the current stage is "Setup & Staging 1 (To Review / Not ordered)". The left sidebar contains a "Checklist and Overview" 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. The main view 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 occlusal marking on the upper right premolar. The bottom navigation bar includes a timeline with markers at 1, 14, 15, 18, 20, 25, 27, and 39. A red arrow points to the 18 marker. The navigation bar also includes a "Legend" and "Tooth movement" section.

Notice end of heavy occlusal marking



# Step 2

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

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***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

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**\*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 1<sup>st</sup> Aligner*
- Patient Instructions*

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

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# Step 4

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

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# Patient Starter Kit



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

# 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 1<sup>st</sup> 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***

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# 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*

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# 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*

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# 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*

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# 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*

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# 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*

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