

HOW TO DELIVER A CASE

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1. Case Delivery/ Contents of KiyoClear System (Phase I and II)

- You will receive the case in two separate phases
- Each customized KiyoClear Phase will be delivered with:
 - 5 sets of aligners
 - 1 set of expanders and two keys (if expanders are prescribed)
- “Chewies” – to aide in the seating of the aligners
- Customized wear schedule
- Instruction for use and care card/QR code for expanded instructions
- Aligner case – Will house the aligners/expanders when not in use

WEAR SCHEDULE FOR: Jane Smith

Week	Aligner Stage	Upper Expander wear and activation	Turn & turn per week		Lower Expander wear and activation	Turn & turn per week	
			Yes	NO		Yes	NO
1-3	Aligner 1 Wear 22 hours per day	Wear nightly 10 hours with aligner		X	Wear nightly 10 hours with aligner		X
4-6	Aligner 2 Wear 22 hours per day	Wear nightly 10 hours with aligner	X		Wear nightly 10 hours with aligner		X
7-9	Aligner 3 Wear 22 hours per day	Wear nightly 10 hours with aligner	X		Wear nightly 10 hours with aligner		X
10-12	Aligner 4 Wear 22 hours per day	Wear nightly 10 hours with aligner	X		Wear nightly 10 hours with aligner		X
13-15	Aligner 5 Wear 22 hours per day	Wear nightly 10 hours with aligner	X		Wear nightly 10 hours with aligner		X

KIYO CLEAR EXPANDERS ARE NON-STERILE. RINSE BEFORE USE.

PATIENT INSTRUCTIONS

- Wash your hands before inserting your KiyoClear Expanders.
- Wear your KiyoClear Expanders at least ten hours per night with your KiyoClear Aligners.
- Click expanders into the aligners by pushing with two fingers.
- Never bite on the expander to seat it.
- You may use your index finger to gently remove the expander from the aligner or you can use the provided “Outie” tool to remove the expander.
- Once per week advance the KiyoClear Expander by turning the screw one quarter turn in the direction of the arrow.
- Clean your expanders by rinsing with cool water and brushing with a soft toothbrush.
- Store your expanders in the same case with your aligners when not wearing.
- Don't eat or drink while wearing KiyoClear Expanders.

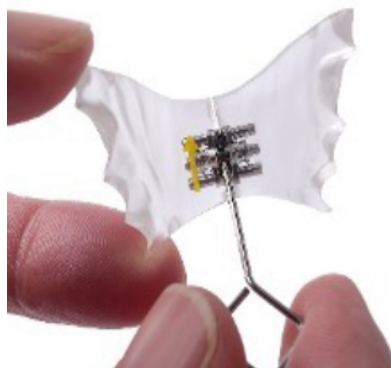
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2. Patient Instructions for Case Delivery

- Have patients try in aligners and then expanders, one at a time.
 - Place the aligner on the front teeth and slowly push onto the rest of the teeth.
 - The expander is placed in the mouth on top of the aligner. Make sure the orientation is correct. Push the expander straight upward for the upper arch (and straight downward for the lower arch) until it seats against the aligner.
- If the expander is loose, use the key to turn it one quarter turn until it seats snugly against the aligner.
- Show the patient the included “chewie” and instruct them how to use it to properly seat the aligner.



- Press down firmly with your fingers to seat aligner onto the teeth. Please be careful not to bite down too hard. If using a “Chewie”, use it only after the aligner has been seated onto all the teeth.
- When both expanders are in, use articulating paper to check for interferences. The patient should not be biting on the expander.
 - If adjustment is necessary to remove interferences, use a diamond burr.
- Expanders should be turned once per week in the direction of the yellow arrow for the prescribed number of weeks.
- Instruct the patient on how to advance the expander by demonstrating how to place the key in the hole and turn it one quarter turn (90 degrees) in the direction of the yellow arrow until the next hole appears. Be sure to turn it back after the demonstration. Ask the patient to do it and then turn it back.



- Deliver the instruction card and explain which aligner stages require a turn of the expander screw.

- Encourage patients to set a reminder in their phone to turn the expander on the same day and time each week for the number of turns as prescribed.
- Patients must wear expanders until instructed otherwise, even after they are no longer activating them. Wearing the expander will hold the space while the bone remodels.
- Expanders should be worn ten hours per night, even after the patient is no longer advancing the expanders.

3. Treatment Sequence

When to Wear Aligners:

- All aligners should be worn for 20-22 hours per day for three weeks each.
- The 5-aligner system should be worn as follows:
 - Aligner 1: Weeks 1-3
 - Aligner 2: Weeks 4-6
 - Aligner 3: Weeks 7-9
 - Aligner 4: Weeks 9-11
 - Aligner 5: Retains the movements while Phase II is being designed.

When to Wear Expanders

- Begin wearing the expander one week after the first flexible aligner is started.
 - If patient prefers, they may start the expander at the same time as the aligners
- Place expander over aligner for a minimum 10 hours/day. A good plan is to insert the expander after your evening meal and leave in overnight. Brush and floss thoroughly before inserting the expander for the night.
- Turn screw ¼ turn/day for the prescribed number of turns ONLY.

4. How to insert and remove expanders and aligners

Inserting Aligner

- Place the aligner on your front teeth and slowly push onto the rest of your teeth.
- Press down firmly with your fingers to seat it onto the teeth. Please be careful not to bite down too hard. If using a “Chewie”, use it only after the aligner has been seated onto all the teeth.

Removing Aligner

- **Upper arch:** Place your index finger on the rim of the inner part of your back teeth pull down to loosen one side. Using your right hand on the left back tooth OR your left hand on the right back tooth will make it easier to remove it. Use the opposite movement to loosen the other side.
- Place the fingers of both hands on the front teeth on both sides and remove the entire mouthpiece.
- **Lower arch:** Place your thumb or the thin part of the remover on the rim of the mouthpiece on the cheek side of the 2nd molar and push up.

Inserting/Attaching Expander:

- The expander is placed in the mouth on top of the aligner

- Make sure the orientation is correct and place it in the mouth. Push the expander straight upward for the upper arch (and straight downward for the lower arch) until it seats against the aligner snugly.

Removing Expander:

- Upper Arch: Place your finger on the tongue side of the 2nd molar (side edge of the expander) or the back side of the 2nd molar (the back edge of the expander) and pull down to remove.
- Lower Arch: Place your fingers on the tongue side of the 2nd molar or back of the 2nd molar (the back edge of the expander) and pull up to remove.

5. How to care for aligners

- Brush your aligners before and after wearing them to keep them clean and to protect your oral health from unwanted bacteria and food debris
- Use a soft-bristled brush to prevent scratching your aligners
- Use a mild, non-abrasive toothpaste (if desired) Do not use a toothpaste designed for dentures. These can be abrasive.
- Always use cold water to rinse and clean your aligners and expanders.
- Do not use HOT water – this may deform the aligner and compromise fit
- At least once a week, use an over the-counter, effervescent aligner/denture cleaner.
- You may soak your aligners daily (15 minutes) using a product designed for aligners or dentures.
- Always keep your aligners in the case when not wearing them.

6. Retention

- Final aligner can be used post treatment for retention
- If an additional final aligner is desired for retention only, KiypClear will provide one for a nominal fee.
- A bonded lingual retainer or a traditional Hawley retainer are also good options.