



Clinical Guidelines

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Welcome.

First of all, let me introduce ArchformByte, a UK based innovator and manufacturer of bespoke orthodontic appliances designed to straighten, whiten or protect teeth, helping the world smile brighter. We've been doing this for 45 years, and have built a global reputation for providing our clients – both clinician and patient – with the ultimate in product quality, customer service and value for money.

It was the spirit of innovation that led to the creation of C Thru, a bespoke, transparent aligner that gently and gradually realigns teeth, over the course of around 6-12 months. We've already helped thousands of patients to smile with confidence, and we would love to help you offer the same life changing treatment to your patients.

Pennie Hudson Ward
CEO ArchformByte Ltd



Prerequisites for C Thru treatment.

Before a patient can be considered for any form of orthodontic treatment their dental health and oral hygiene must be very good.

Before C Thru treatment can start, the dentist must ensure that the patient has no active cavities, gingivitis or periodontal disease and that their oral hygiene is excellent.

Significant damage, e.g. cavities, can develop more quickly and severely when using positioners than under normal conditions.

Moving teeth in the presence of gingival inflammation/ active periodontal disease will lead to the destruction of the alveolar bone.

C Thru should never be undertaken until the disease has been successfully treated with no bleeding from the gingival margins or the base of the periodontal pockets. The patient should be able to demonstrate that they can maintain the correct levels of oral hygiene before commencing a course of C Thru treatment.

It cannot be stressed strongly enough that the clinician should discuss and manage the patient's expectations of the C Thru treatment.

Suitable cases.



Midline Discrepancy



Spacing



Crowding

In a severe case an orthodontist's opinion is essential



Protrusion



Open Bite

Case selection.

SUITABLE

Anterior frontal rotation
Closing finishing of diastema
Anterior frontal crowding
Rupicolous fronts protruded
Low extrusions of individual teeth
Space closure after tooth extraction in the mandible especially anterior teeth
Gap extension as preprosthetic measure
Buccal nonocclusion of individual teeth

PARTIALLY SUITABLE

Reversed anterior overbite of individual teeth
Closing a slightly open bite
Improving occlusion and premolars in connection with ASR
Reverse mandibular anterior teeth with a slight overbite
Strong canines rotation difficult
Slight premolar rotation
Extrusion under 1 mm
Intrusion under 1 mm

UNSUITABLE

Distalisation of molars
Transversal enhancement
Displacement of occlusion
Transversal compression
Uplift of molars
Closing strong open bite
Reverse mandibular anterior teeth with a strong overbite
Space closure after premolar/molar extraction
Strong premolar rotation
One and two-sided cross bite occlusions
Intrusions over 2 mm
Canine ectopic

The process.

We make it as simple as possible to work with us and to make our skills and expertise an integral part of your practice. We offer support all the way through the C Thru process. At its simplest the process can be defined in just a few stages:

- You take impressions/scans and send them to us. Tell us what you and the patient want to achieve.
- We send a C Thru Review within 48 hours– Animation, IPR chart if required, number of C Thru Aligners, and a comprehensive price quotation.
- Upon approval of the C Thru Review we manufacture the C Thru aligners and deliver them to you within 5-7 working days.
- You fit them and monitor the patients progress.

1. Simply send impressions/scans to ArchformByte

- Complete the C Thru prescription sheet with what you and the patient wish to achieve. This can be downloaded from our website www.archformbyte.com
- Send the upper and lower impressions to us.
- We also accept .STL scanned files. You can either email to cthru@cthrusmiles.com or upload them to our website along with the prescription. We accept either silicone or alginate impressions.

2. We will digitise your impressions

We will produce a C Thru Review for you to assess. You can contact us at anytime throughout the working day by phone,

email or in person (you do not need to make an appointment) to discuss any aspect of your C Thru case.

3. Clinician Approves C Thru Review by email cthru@cthrusmiles.com

4. The C Thru aligners are delivered to your clinic within 5 to 7 working days

5. Clinician ensures the patient can insert and remove the C Thru aligners and has read the patient instructions

The patient must understand that compliance with wearing the aligner all the time, other than when eating or drinking, is essential to a successful treatment outcome.

Fitting, wearing regime & monitoring.

FITTING ALIGNERS

It is important that the first stage aligners are fitted by the clinician within 14 days of receipt.

On initial fitting, the aligner should feel tight; this is to be expected due to the gentle pressure of the aligner on the teeth. If the patient feels some initial discomfort a drink of tepid warm water will help.

Start by locating the central and lateral teeth first. Once in position apply pressure to locate posterior and anterior teeth.

It is important that at this time that you ensure the patient is comfortable removing and inserting the aligner. The aligner should be worn upwards of 22 hours a day. We recommend only removing the aligner for eating, drinking and oral hygiene routine.

Instruct the patient to hold the aligner in the centre, ie not to squeeze it from both posterior ends. NB. If an aligner breaks in the middle third it is not covered under warranty.

The patient must understand that compliance with wearing the aligner all the time, other than when eating or drinking, is essential to a successful treatment outcome.

The patient should always clean their teeth prior to refitting the aligner.

Ensure that the patient has read and understands, the C Thru Patient Information and Instructions and has a copy for reference.

MONITORING

It is recommended that periodic check-ups are arranged throughout the treatment, we would suggest monthly appointments, to ensure the progression of the treatment and ensure the adherence to the wearing schedule of over 22 hours per day and of a minimum of 2-3 weeks per stage.

Upon completion of treatment retainers must be worn to avoid relapse.

Gaining interproximal space.

Treatment with C Thru aligners often involves the correcting of mild to moderate crowding. More space can be achieved by one or more of the following techniques: expansion or interproximal reduction, IPR.

EXPANSION

With a C Thru aligner expansion is possible and it will provide space to align mild to moderate crowding. The clinician should always be cautious when rearranging the patient's dentition. This is especially true when only treating a single arch.

INTERPROXIMAL REDUCTION (IPR)

IPR is a useful way to gain space in the arch and to gain room for tooth movement. If this technique is chosen, our C Thru system will produce an IPR Chart indicating where and how much IPR will be required. IPR is a useful technique where the space requirement in the arch is up to 8mm. This technique must be done at the start of treatment.

There are several methods to do this:

- Simple hand pulled abrasive strips
- Interproximal reducing disks mounted on a hand piece
- Air rotor stripping

We would advise the use of hand pulled strips or the hand piece. Hand pulled strips offer the best option for retaining tooth morphology.

GENERAL GUIDELINES

1. Only remove a maximum of 1mm per contact point, 0.5mm from each proximal surface. This amount will still leave an ample enamel covering, two-thirds of the original thickness.
2. Initial and accruing surfaces should be measured to ensure correct width. Gauges are commercially available.
3. Finish the proximal surface to resemble an acceptable morphology of the contact point.

Some practitioners may prescribe a fluoride gel or rinse to supplement the remineralisation of the reduced proximal surfaces.

EXTRACTION

Should extraction be required to gain space then this would form part of a Consultant Orthodontist advisory service.

We would stress at all times, if the clinician is unsure of the suitability of a case, to seek the opinion of an orthodontist. This can easily be arranged via ArchformByte, if required.



Design benefits.

C Thru Aligners are trimmed straight for the following reasons:

- Ease of patient insertion and removal.
- It avoids a bacteria trap in the area of the gingiva.
- It reduces tongue irritation.
- It reduces gingival margin distress.
- It significantly increases the retention potential.

BEFORE



AFTER





Hudson InClinger



A revolutionary digital functional appliance system.

The Hudson InClinger can be applied at any stage of C Thru aligner treatment and can align teeth simultaneously.

- Reduces treatment time by having the functional element on the C Thru aligner.
- Reduces chairside time because no bite registration is required.
- The Hudson InClinger can be used as a single standard alone functional appliance.
- Aesthetically pleasing compared to a traditional functional appliance.
- More comfortable for the patient to wear.
- Minimal effect on speech as there is no acrylic in the palate to obstruct the tongue.

Join the C Thru Partner Programme.

Give patients the perfect C Thru smile. Become a part of the clear aligner revolution.

C Thru transparent aligners have already helped thousands of patients to smile with confidence, being a part of the partnership programme allows practices to offer the same life changing treatment to their patients.

**A bespoke personal service for you and your patients.
Free to join. No subscription.**

Patient referrals from CThruSmiles.com sent direct to you.

- Your practice details added to our website, so patients in your area can find you.
- Quality point of sale materials for your practice including sample C Thru aligner boxes, posters, flyers and a pop-up banner.

- Training and ongoing promotional support.
- Dedicated C Thru Account Manager, so keeping in touch is easy.
- A confidential online login for CThruSmiles.com. Allowing you to securely upload photos and prescriptions and track your case.
- We accept .stl scan files, whatever the brand of intraoral scanner.

Sign up now. Send your practice details to:

info@CThruSmiles.com or call: +44 (0) 114 261 6800



Everybody notices how great Maggie's smile is...

“ I used to be really embarrassed when my daughter got her camera out and asked for a selfie with me. She has beautiful teeth, but I would always find a way to make sure my mouth was closed. I had a big birthday coming up, so I decided enough was enough, and asked my dentist about C Thru Clear Aligners.

The dentist talked me through the process and made impressions of my teeth which were sent away to a lab. I was then fitted for my first aligner.

The whole process took about six months. The C Thru aligners are completely invisible, and most people didn't know I was wearing them at all. It didn't affect my speech either, which is essential when you have to talk to customers every day. You have to wear them most of the time, even when you sleep, but thankfully they're comfortable, and once they're in, you barely notice them.

I can now smile confidently in all my photographs and everyone notices how great my smile is because of my lovely straight teeth.

”



C Thru has changed John's life. Here's his story...

“ I had been thinking about a brace for a long time... I had a fixed brace fitted when I was in my teens but didn't keep up with them and like so many people, didn't wear my retainer regularly.

Over time, one tooth moved behind my two front teeth. I was always conscious of this, like when taking pictures, I'd show what my wife call my "good side". It finally got to the point when I couldn't take it anymore and felt too conscious of my teeth when in pictures, meetings or conversations. It was affecting me day to day.

I didn't want a fixed brace, the hassle and cost, plus time off work was impossible as I am working long days as a managing director. So, I started to look instead at the removable retainers on the market.

C Thru was ideal for me. It fitted in with my busy lifestyle and was unnoticeable to my clients, colleagues and in presentations. It was slightly strange wearing it at first but I couldn't believe how comfortable it was, especially remembering the pain and discomfort when having fixed braces years ago. It was incredibly easy to use in the day and comfortable at night.

I feel so much more confident now as a result. You don't realise how many people notice your teeth when talking to them and now it's great because I get to show them off. I can't tell enough people about C Thru, they have definitely changed my life. Thank you!

”

We've helped thousands to shine.

Preferred supplier to:

BUPA

Mydentist

Portman Healthcare

Rodericks

**We accept .stl files from all brands
of intra oral scanners**

Itero

3Shape

Carestream

CThru

CThruSmiles.com

Head Office: 76 Tyler Street, Sheffield, S9 1DH, UK



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