



# How to use the Dental Monitoring App

- 1 Have clean aligners and a chewy ready to use.
- 2 Turn up the volume on phone.
- 3 Use a mirror to see what you are doing.
- 4 Open the DM app and click start scan.
- 5 Insert phone into scan box.
- 6 Line up the camera with the marker on the scan box.
- 7 Insert cheek retractors and attach scan box.
- 8 Click start and follow as instructed.
- 9 When prompted to insert aligners, use a chewie to help them fit snugly.
- 10 Allow images to upload before exiting app.
- 11 It will take between 6 to 12 hours for the images to be processed.
- 12 Do not change into the next set of aligners unless you get the go ahead through the app.

**Have questions?** We're happy to help! Send us a message at Ocean's Edge Orthodontics.

[oosmiles.com](https://www.oosmiles.com)