

## Frequently Asked Questions about the HarmonieSchiene® made by Orthos

### **Is the treatment method possible for me?**

The HarmonieSchiene is especially suitable for corrections of the frontal teeth and not for every malocclusion. Your dentist can send us an impression of your teeth. We measure whether a therapy with HarmonieSchiene is possible, and create an individual offer. Upon request, or in complex cases, we produce target models (38.00 € per arch) that will show you how your teeth will look after treatment.

### **How long will the treatment last?**

This depends on the malocclusion of your teeth. On average, the treatment lasts from 3 to 6 months. Your dentist will let you know the exact duration of treatment based on your individual HarmoniePlan (offer).

### **How long do the aligners have to be worn?**

The aligners have to be worn 24 hours except for eating and brushing your teeth.

### **What are the aligners made of?**

The aligners are made of medical PET (Polyethylenterephthalat)/PU (Polyurethane). The material does not contain any plasticizers. Therefore it is free of Bisphenol A (BPA).

### **Where is the HarmonieSchiene produced?**

The HarmonieSchiene system was developed by Orthos Fachlabor für Kieferorthopädie GmbH & Co. KG which is located in Frankfurt/Nieder-Eschbach and Weimar in Thuringia. It is produced exclusively at these locations. Orthos has more than 30 years of experience.

### **Since when was the HarmonieSchiene offered?**

In 2004 the HarmonieSchiene system was developed by Fachlabor Orthos and continuously improved since then. More than 25000 patients the HarmonieSchiene could help to have straighter teeth and a brighter smile. Round about 5000 dentists work with the HarmonieSchiene system meanwhile.

### **Is the tooth realignment painful?**

In order to move your teeth to the desired positions, the aligner has to put pressure on the teeth. When wearing a new aligner, you might feel a low level of discomfort, especially when removing or inserting the aligner at meals or for brushing your teeth. Some patients compare this to having sore muscles, and it usually disappears after one or two days.

## More Questions...

### How are the aligners cleaned?

Just use your toothbrush and toothpaste with cold to a maximum of lukewarm water. Please do not clean the aligner with hot water! Heat deforms the aligners and changes or reduces the effect.

### Can I wear the aligner while eating/ drinking/ smoking or chewing a gum?

While wearing the aligner you should generally not smoke or consume any food. Foods high in sugar or acid content such as sodas, juices, candies, etc. should be better avoided during treatment as the self-cleaning is reduced by the spittle while wearing the aligners. You should remove the aligner for the consumption of food.

### Is bleaching possible at the same time?

No. Bleaching should be performed before or after the treatment.

### How much does the treatment cost?

Depending on the scope of the therapy the laboratory costs vary between 700,- and 3000,- Euro. Duration and cost depends on the individual case. Following an investigation by your dentist you will receive your individual quotation with the exact costs.

### Does the insurance pay for this?

Statutory health insurance will not pay this performance. Private health insurance may absorb the costs of the treatment depending on the individual contract.

### To which dentist can I go? Is there a dentist in my area?

The therapy was developed specifically for the general dental practice. Just ask your dentist about treatment with the HarmonieSchiene. Just take the attached "Summary Information for Doctor" with you when you go to your dental practise. We are happy to send to him or her our information package. Through our dentist search you can find a dentist near you by entering your zip code.

**We wish you a successful way to your new smile with straight teeth!**

Wim van Oortbos

Yours sincerely

Fachlabor Orthos