



MUNCHIES®
Instructions

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Intended User: Any patient undergoing orthodontic treatment (clear aligners and braces).

Indications for Use: Munchies® devices are used to assist in seating thermoplastic orthodontic aligners or retainers, relieve discomfort associated with orthodontic treatment (including with braces), aid intrusion movements and help recapture the perfect fit of your aligners if you get off track. Munchies® are used to ensure that orthodontic tooth movements occur as predictably and comfortably as programmed by your orthodontic treatment plan.

Performance Characteristics: Munchies® devices are fabricated from visco-elastic material that enables the device to compress when used and rebound afterwards to its original shape.

Precautions: For intermittent use of seating aligners or retainers and relief of discomfort caused by all forms of orthodontic treatment only.

Warnings: Use of excessive pressure to seat the aligners or retainers may cause damage to either the Munchies® device or aligners.

Life Span: Munchies® devices when used appropriately should last between 2 to 3 weeks, such as seating your aligners each and every time after re-insertion. Overuse will lead to premature tearing, please discard if tearing occurs.

Contraindications: Do not use if you have an allergy or hypersensitivity to silicone.

Adverse Reactions: None known - any serious adverse incident experienced should be reported to the manufacturer and the relevant competent authority.

Use in Children: This device is safe for children to use with braces or clear aligners.

Biocompatibility: ISO 10933 Biocompatibility testing has been performed on the Munchies® with all tests passing the strict standards (tests performed cytotoxicity, skin sensitisation, irritation or subcutaneous reactivity, systemic toxicity and haemocompatibility).

HELLO

Thank you for purchasing Munchies®, an orthodontic enhancement device designed to maximise the accuracy, fit and effectiveness of your clear aligner treatment, relieve discomfort associated with orthodontic treatment, aid intrusion movements and help recapture the perfect fit of your aligners if you get off track.

Munchies® devices have been designed by a prominent Australian expert in aesthetic orthodontics and clear aligner therapy, to increase the likelihood that the pre-programmed force systems of your aligner treatment are delivered accurately and efficiently to minimise time-consuming and costly refinements or additional aligners.

Munchies® devices are fabricated from specially sourced medical grade silicone in different shapes, hardnesses, and colours, making it easy to identify your favourite Munchies® device.

The anatomically shaped Grooves and Ridges on the arms of each Munchies® device have been designed to engage 30-40% of each tooth crown to deliver specific forces that help ensure your aligners are seated as intimately as possible against your teeth, all without damaging your aligners. All Munchies® devices have visco-elastic properties, this means they have the ability to bend, flow and recover after each use.

MUNCHIES® INDICATIONS FOR USE

SUPERIOR SEATING

The anatomically shaped Grooves and Ridges on the arms of each Munchies® device have been designed to engage each tooth to deliver specific forces to ensure your aligners are seated intimately against your front and back teeth and engaging the critical attachments, without damaging them in any way.

DISCOMFORT RELIEF

Munchies® devices have visco-elastic properties that provide relief from the discomfort felt during orthodontic tooth movement, especially in the first 24 hours after changing to the next aligner or after a wire adjustment. Patients gain relief when biting initially into a soft device, followed by a firmer device, the phenomenon is called the Bite Wafer Effect^{1,2}.

AID INTRUSION MOVEMENTS

The anatomically shaped Grooves on the arms of each Munchies® device have been designed to engage with either your upper and lower front teeth, where biting into the device assists the aligner to deliver the light, continuous force needed to move your teeth.

RECAPTURE THE PERFECT FIT

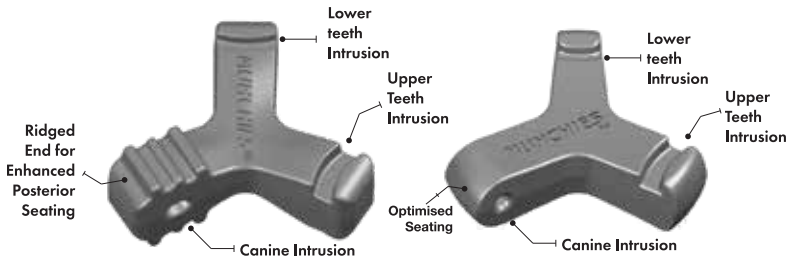
Sometimes during treatment with clear aligners, your teeth do not move exactly as predicted, resulting in a small space appearing between the biting edge of your teeth and the aligner. If you notice a space or your Healthcare Professional identifies an issue with your aligner fit, using Munchies®, start by biting on your back teeth and then move to your front teeth, both upper and lower. Continue to gently bite down until you notice that the space has reduced.

WHICH MUNCHIES® DEVICE TO CHOOSE?

Patients can choose any of the Munchies® devices as a starting point and use it in tandem with any other of our Munchies® devices. The key is that all patients use Munchies® after every aligner re-insertion, to increase the predictability of tooth movements occurring efficiently.

Each patient has a unique treatment plan and prescribed tooth movements occurring during orthodontic treatment. All patients have variations in the strength of their jaw muscles, teeth size and bone density, which will influence their preferred choice of Munchies® device.

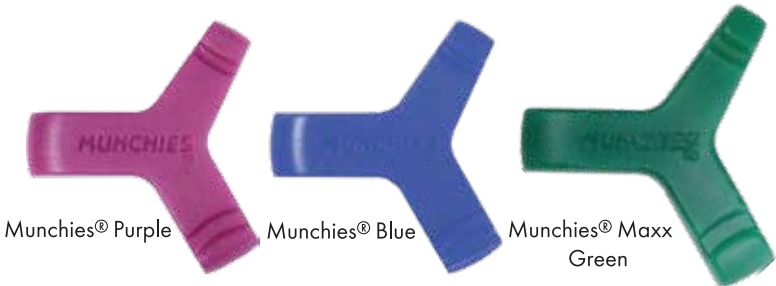
MUNCHIES® FEATURES



MUNCHIES® RANGE

MUNCHIES® ORIGINAL - GENTLE RANGE

The Gentle range of Munchies® was designed to offer patients a soft, elastic and pliable option where gentle forces are applied during use, Munchies® Maxx is a larger format device for patients with a deep bite.



GENTLE➔ **FIRMER**

References: 1. Saloom, H. F. Pain intensity and control with fixed orthodontic appliance therapy (A clinical comparative study on Iraqi sample). Scientific Journal Published by the College of Dentistry–University of Baghdad, 122;
2. Farzanegan, F., Zebarjad, S. M., Alizadeh, S., & Ahrari, F. (2012). Pain reduction after initial archwire placement in orthodontic patients: a randomized clinical trial. American Journal of Orthodontics and Dentofacial Orthopedics, 141(2), 169-173.

MUNCHIES® ORIGINAL - FIRM RANGE

The Firm range of Munchies® was designed to offer patients a firm but elastic option where stronger forces are applied during use, Munchies® Maxx is a larger format device for patients with a deep bite.



Munchies® Yellow



Munchies® Orange



Munchies® Maxx
Red

FIRM-> **FIRMEST**

MUNCHIES® EPS FIRM RANGE - ENHANCED POSTERIOR SEATING

The Munchies® EPS range was designed to optimise seating of aligners in the premolar region, where expansion is often programmed. Posterior seating and fit of aligners is critical to ensure accurate forces are applied. The Munchies® EPS ridged arm has been designed to adapt to the shape of your premolar teeth, the arm extends from the inside edge of your molar to the outer edge, this is to ensure the expansion forces programmed in your treatment plan are delivered accurately.

MUNCHIES® M - SERIES * LIMITED EDITION *

Large format
Munchies® EPS



FIRM.....→ **FIRMEST**

**LARGEST &
FIRMEST**

MUNCHIES® MAINTAIN FOR USE WITH CLEAR RETAINERS

The Munchies® Maintain device was designed to optimise the seating of clear retainers after you have completed orthodontic treatment.

Optimal fitting of clear retainers maintains the post-treatment position of your teeth. If your clear retainers are not fitting well, perhaps after not wearing them for some time, when used with Munchies® Maintain, you can help to correct minor relapse. Munchies® Maintain are made from the firmest silicone in our range, since seating clear retainers can be more challenging because most clear retainers are about 30% thicker and more rigid than clear aligners.



FIRMEST

MUNCHIES® INSTRUCTIONS - Original Range

1. With your aligners in place, put the top teeth into the bigger groove on the Munchies® device and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.
2. With your aligners in place, put your bottom teeth into the smaller groove on the Munchies® device and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.
3. With your aligners in place, put the Munchies® device between your upper and lower back teeth (as pictured) on one side of your mouth and bite up and down for 30 seconds. You will feel the aligner fit far better. *Repeat on the other side of your mouth.*
4. **Repeat this process each time you re-insert your aligners.**



Top
Teeth



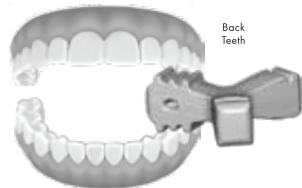
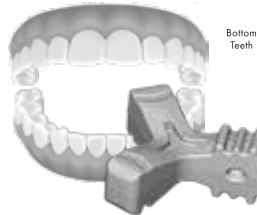
Bottom
Teeth



Back
Teeth

MUNCHIES® INSTRUCTIONS - EPS Range

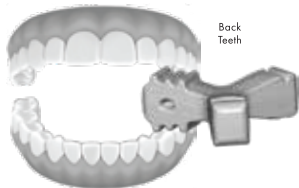
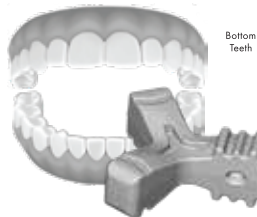
1. With your aligners in place, put your top teeth into the bigger groove on the Munchies® EPS device and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.
2. With your aligners in place, put your bottom teeth into the smaller groove on the Munchies® EPS device and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.
3. With your aligners in place, put the ridged end of the Munchies® EPS device (as pictured) between your upper and lower back teeth on one side of your mouth and bite up and down for 30 seconds.
You will feel the aligner fit far better.
Repeat on the other side of your mouth.
4. Repeat this process each time you re-insert your aligners.



MUNCHIES® M-Series INSTRUCTIONS

Use Munchies® M-Series are larger and robust devices for patients with deep bites and wanting to use more often.

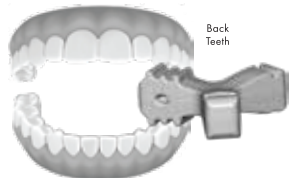
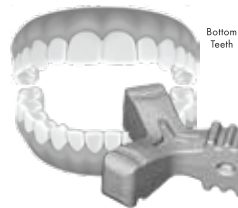
1. With your aligners in place, put your top teeth into the bigger groove on the Munchies® M-Series device and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.
2. With your aligners in place, put your bottom teeth into the smaller groove on the Munchies® M-Series device and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.
3. With your aligners in place, put the ridged end of the Munchies® M-Series device (as pictured) between your upper and lower back teeth on one side of your mouth and bite up and down for 30 seconds.
You will feel the aligner fit far better.
Repeat on the other side of your mouth.
4. With your aligners in place, locate the small oval shaped hole on the side of the ridged arm and bite into it on your canine teeth on one side of your mouth. Repeat on the other side of your mouth.
5. Repeat this whole process each time you re-insert your aligners and for further treatment predictability, use for an additional 3 minutes morning and night.



MUNCHIES® Maintain INSTRUCTIONS

Use Munchies® Maintain every night to ensure your clear retainers are seated as accurately as possible and to help maintain the position of your teeth after orthodontic treatment.

1. After brushing and flossing your teeth at bedtime, simply insert your clear retainers and put your top teeth into the larger groove on the Munchies® Maintain device and bite your bottom teeth against it. Bite on all your front teeth for about 20-30 seconds, you will feel your clear retainer fitting far better.
2. With your retainer in place, put your bottom teeth into the smaller groove on the Munchies® Maintain device and bite your top teeth against it. Bite on all your bottom teeth for about 20-30 seconds.
3. Next, with your retainer in place, put the ridged end of the Munchies® Maintain device (as pictured) between your back teeth on one side of your mouth and bite up and down for 30 seconds. *Repeat on the other side of your mouth. You will feel your clear retainer fit far better.*
4. Repeat this process each time you insert your clear retainers at bedtime.



Maintenance, Cleaning & Storage

Prior to use, rinse your Munchies® devices under warm water for at least 10 seconds. The most hygienic option to sanitize your Munchies® device is to immerse them in an ultrasonic bath for 5 minutes each day. After rinsing or an ultrasonic cleaning cycle, dry and place in your Munchies® devices carrying case or alginer case. Munchies® devices can also be gently scrubbed with a toothbrush and toothpaste if any debris has become attached during use. Store Munchies® at ambient temperatures. (15-25°C)

Manufacturing Quality

Munchies® devices are manufactured using Class VI medical grade silicones, and designed in Australia and manufactured in China.

Munchies® devices are listed as a Class I medical device on the TGA (ARTG Identifier: 237778), FDA and are CE marked.

Wear & Lifespan

Chewing too aggressively or too often can cause damage to your Munchies® device, especially in the intrusive mode. Most Munchies® devices last about two or three weeks if the correct forces have been applied.

You will notice significant indentation or deformation on the device when you use it, but these will generally rebound within 10 minutes due to the elastic nature of the material.

Premature tearing is generally due to overuse or too great a force being applied. To avoid this, simply use less force or use less frequently. Torn devices should be replaced immediately.



WARNING: Excessive chewing or bite forces will lead to your Munchies® devices tearing and should be avoided.

Premature tearing in the device generally means that you have been biting down too hard or using your device too often!

Disposal

Please dispose of your used Munchies® responsibly, we recommend discarding in the General Household waste bin.

MUNCHIES® Product Range



For more information and to reorder visit: www.orthomunchies.com



Product images are not to scale

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www.orthomunchies.com

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