



LM-Activator is a tooth aligner and activator made of soft silicone.

It supports the healthy development of a child's teeth and jaws. If a tooth is not developing in the right way, LM-Activator can gently guide it to the correct place and position. At the same time, LM-Activator supports the natural growth of the face for achieving a healthy relationship between upper and lower jaws.

Intervening already when a small problem or risk is detected may prevent it from developing into a bigger problem. LM-Activator provides soft guidance to teeth and jaws when needed and incorrect development can be avoided and corrected.



"It worked well. I had almost 1 cm of an overjet and when I was done, I had like 3 millimetres or something. So it really worked!"
Girl 14 years, Sweden

Čirgić, E., Kjellberg, H., Hansen, K., & Lepp, M. (2015). Adolescents' experiences of using removable functional appliances. Orthodontics & craniofacial research

LMDental

Contact your dentist for more specific instructions.

Manufacturer: LM-Instruments Oy
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info@lm-dental.com | www.lm-dental.com



For more information:
www.lm-dental.com/LM-Activator

How to use
LMActivator

What is LM-Activator?

LM-Activator guides your teeth to the correct place

- when new teeth are growing out
- when a tooth is in the wrong place



By helping you keep the jaw in the right place, LM-Activator helps the face develop and grow in a healthy way.



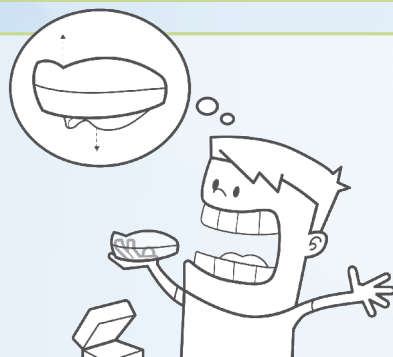
If your tongue is lying on the floor of the mouth, LM-Activator helps the tongue find the roof of the mouth.

If a tooth is already in the correct place, LM-Activator help it to stay in the correct place.

How do I use LM-Activator?

Check that it is not upside down.

Put LM-Activator in your mouth and close your lips.



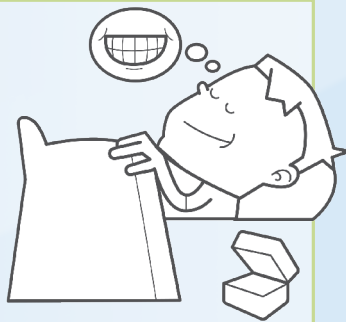
Follow your dentists instructions:

Daytime use: ☐ Yes ☐ Time

☐ No

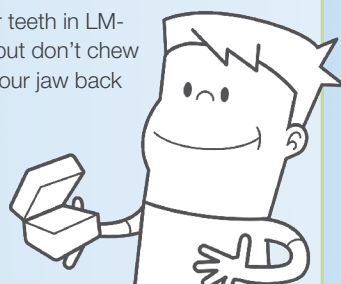
Night time use: Every night while sleeping.

Other instructions:



Bring LM-Activator and the diary to the dentist's appointment.

Keep your teeth in LM-Activator but don't chew or move your jaw back and forth.



Contact your dentist if:

- You need help with using the appliance or following the instructions.
- Your LM-Activator breaks.
- You feel chafing or pressure for several days/weeks.

Getting started

The more you use LM-Activator, the easier it gets!

You will soon get used to it and remember it easily.

In the daytime, use LM-Activator e.g. during TV or game time or while doing homework.

In the beginning, your mouth can get tired just like in any other kind of training.

This is normal and will go away after a while.



Before you get used to it, LM-Activator may fall out while you sleep:

- Practice using LM-Activator during the daytime also.
- Ask your parents to put LM-Activator back in your mouth if they notice it is missing. It is usually easy to fall asleep again.

Create a habit

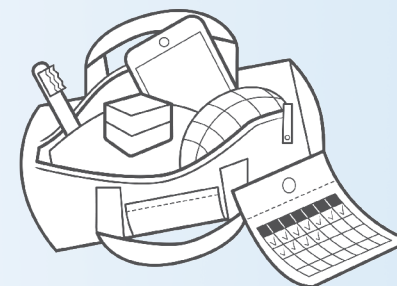
Your brain follows habits almost automatically. When you have used LM-Activator every night for four weeks, you have made it a habit!



It is easier to remember, if you always put LM-Activator in your mouth immediately after doing something you do every evening (e.g. after brushing your teeth, putting on your pyjamas or turning off your lamp).

LM-Activator moves your teeth a little step every night. If you forget, they move two steps back.

When you pack your bag to stay overnight away from home, remember LM-Activator.

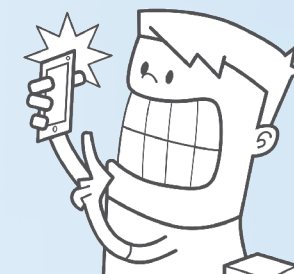


Track your progress

Fill in the chart or use an app like Habitica, Coach.me, HabitSeed, chain.cc or Habitforge.

Agree on a reward e.g. after three weeks of use.

Take pictures of your teeth every month to see the change.



You can have a healthy smile!



Keep it fresh and clean

Rinse LM-Activator before and after use. When needed:

- Clean with a toothbrush without toothpaste.
- Disinfect in boiling water. (Minimum 1 minute.)
- Wash the box in a dishwasher.

