

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 2	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 3	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 4	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
First four weeks has gone! Remember to take a picture of your teeth!							
Week 5	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 6	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 7	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 8	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Take another picture of your teeth. Can you see the change already?							
Week 9	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 10	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 11	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Week 12	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>	<div><div>h</div><div>min</div><div></div></div>
Twelve weeks has gone! Take another picture and see the difference.							



"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. Orthodontic & craniofacial research

Contact your dentist for more specific instructions.

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LMActivator™ 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.



HOW TO USE LMActivator™

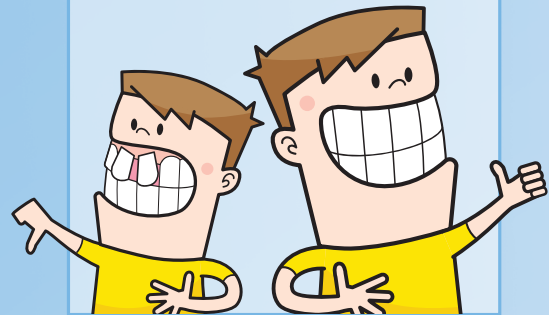
LM

feel the
difference

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™ helps 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 dentist's 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

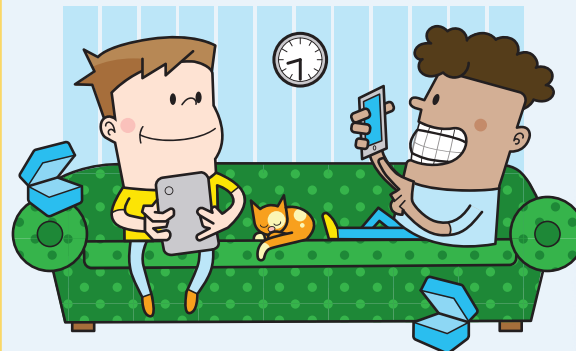
The more you use LM-Activator™, the easier it gets!

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, your teeth will try to move 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.

