



Munchies[®]

The ultimate acceleration and predictability enhancement devices for clear aligner therapy and fixed orthodontics.

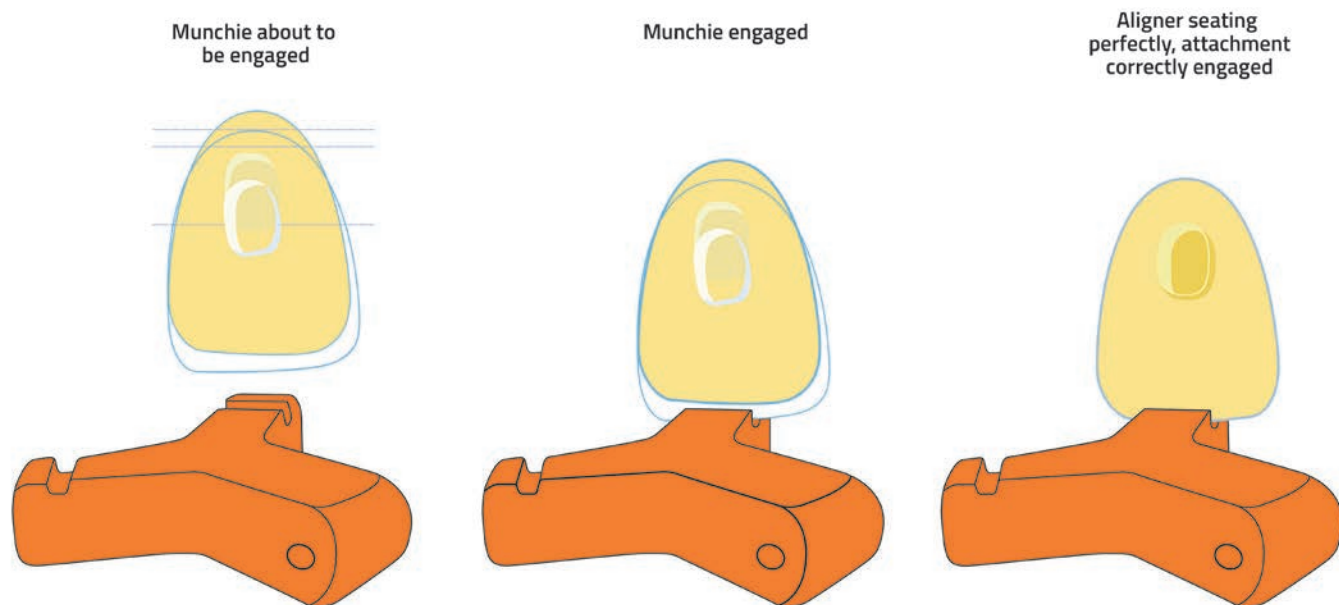


Munchies®

Munchies® have been fabricated so that clear aligners fit as intimately as possible, increasing the likelihood that pre-programmed force systems will be delivered accurately and efficiently. This ensures that treatment will progress predictably and minimize the chance of time consuming and costly refinements and adjustments.

Designed by a prominent expert in esthetic orthodontics and clear aligner therapy, Munchies® utilize a specifically formulated medical grade silicone with unique visco-elastic properties and anatomy that encapsulate each aligner and ensure that the morphology of the aligner does not change when seated.

Munchies® accelerate treatment not only through optimizing the fit, but also significantly increase inflammatory biomarkers that yield faster intercellular exchange.



Intimacy of
Aligner Fit

Accuracy of
Force System Delivery

Marked Osteoclastic
Activity Accelerator

Munchies[®] engage 30-40% of the clinical crown, ensuring that the aligner is seated as intimately as possible.

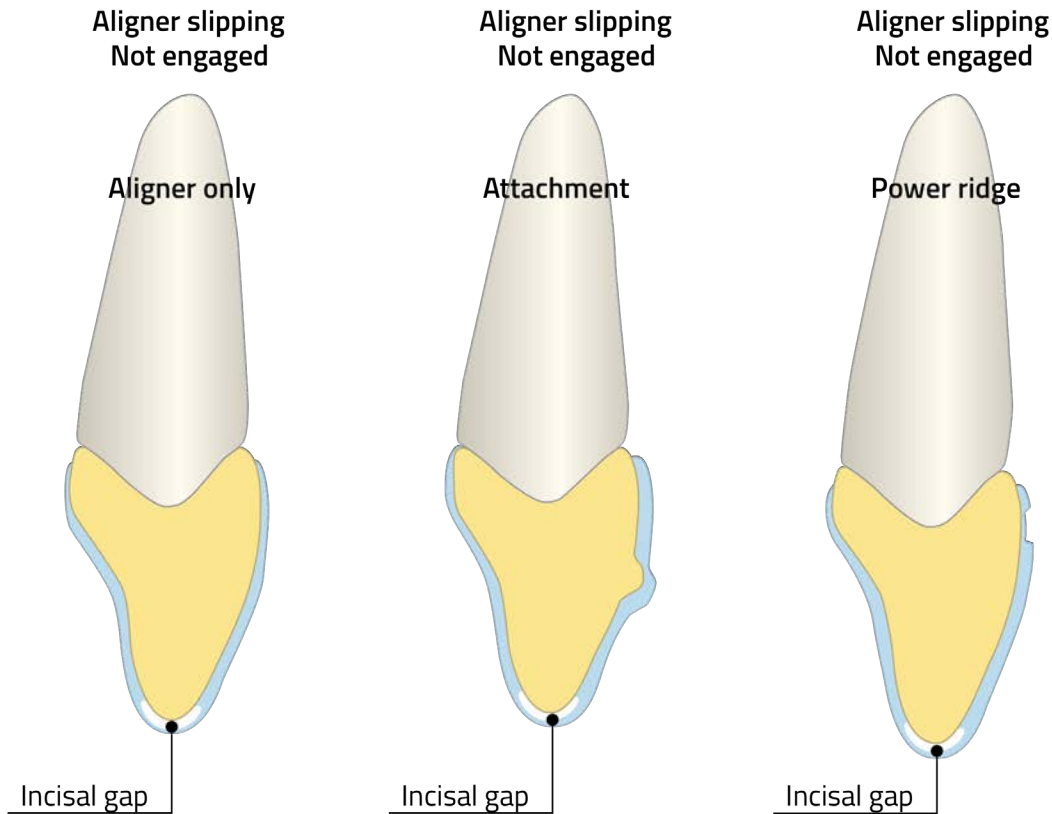


ENGAGING



SEATED

When aligners are inserted with finger pressure alone, they can slip up to 10% of the length of the clinical crown.



Etiology of Aligner slippage



Initial Data Inaccuracy

Poor digital scanning and incorrect impression technique can lose up to 70 microns in accuracy, even before aligner fabrication commences.



Aligner Material

Elastic memory, rigidity, thickness and Shore Hardness all vary considerably from one aligner material to another, which impacts upon the efficacy of tooth movement significantly.



Aligner Manufacturing Process

Thermoforming, vacuum forming and 3D printing processes are highly technique sensitive and yield markedly different degrees of aligner intimacy.



Saliva Characteristics

Salivary volume and viscosity vary from patient to patient markedly. Saliva acts as a key lubricant to allow for optimal aligner seating and impacts slippage significantly.



Tooth Morphology and Surface

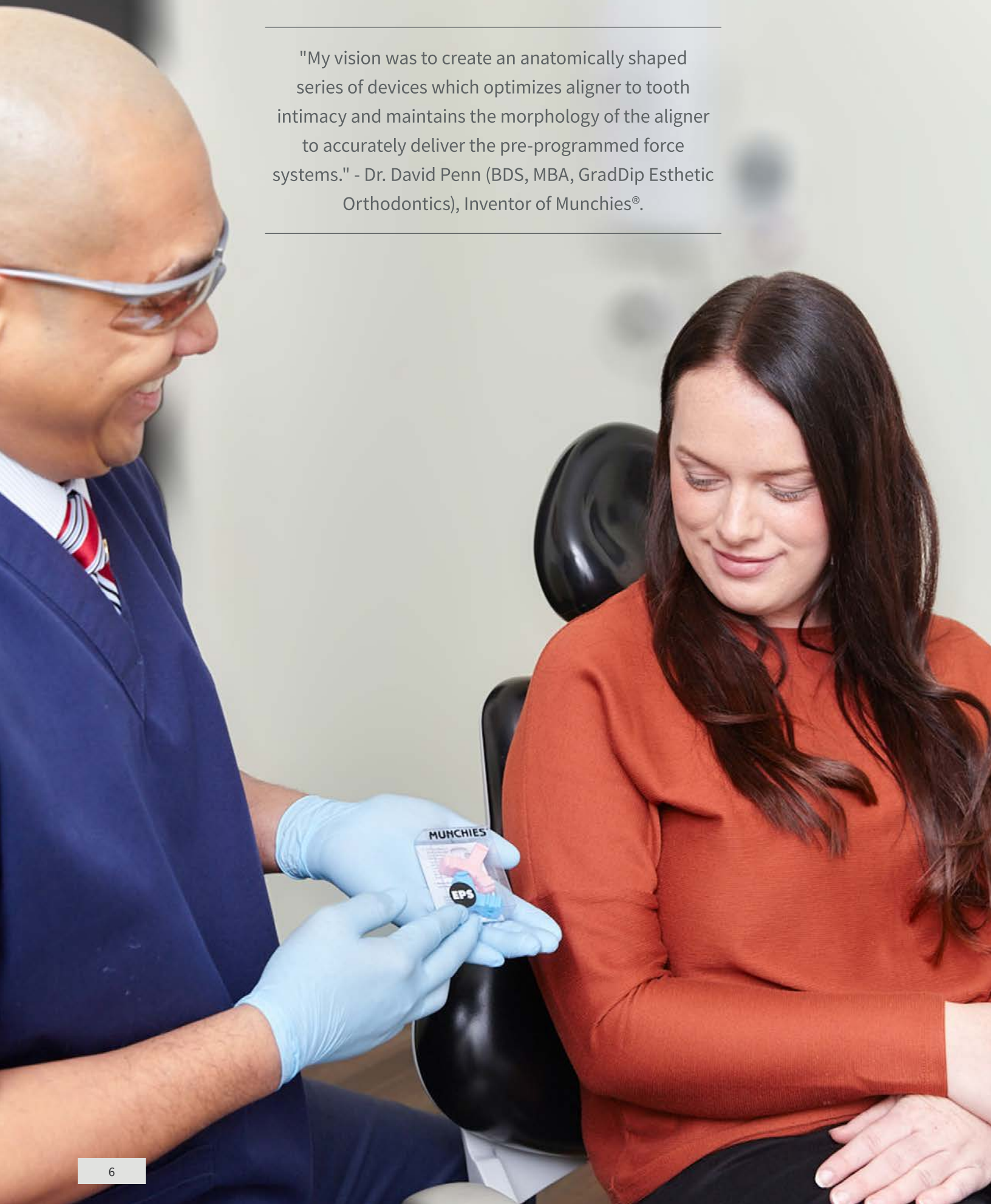
The shape and surface of each tooth can vary considerably with large undercuts and enamel roughness in particular, creating an environment un conducive to ideal seating.



Path of Insertion

Patients seeking orthodontic tooth movement are littered with non-parallel axial line angles and ensuing undercuts, which make aligner insertion and removal difficult and consistent symmetrical seating impossible.

"My vision was to create an anatomically shaped series of devices which optimizes aligner to tooth intimacy and maintains the morphology of the aligner to accurately deliver the pre-programmed force systems." - Dr. David Penn (BDS, MBA, GradDip Esthetic Orthodontics), Inventor of Munchies®.



Why prescribe **Munchies**[®] for your patients?

01

Unprecedented aligner seating

Munchies[®] accurately seat aligners for a truly intimate fit to optimize the clinical efficacy of the in-built aligner force system.

02

Acceleration in treatment times

Continuous and targeted force systems ensure significantly enhanced tooth movement predictability.

03

Inflammatory marker enhancement

Increased levels of Cytokines and aMMP-8 have been demonstrated when clear aligners are integrated consistently with Munchies[®] and Munchies[®] Vibe II, which heightens osteoblast and osteoclast interchange.

04

Orthodontic analgesic

Use of Munchies[®] can provide pain and discomfort relief as effective as acetaminophen or ibuprofen after a new aligner insertion by minimizing capillary stragulation in the periodontal ligament.

05

Retention enhancement

Munchies[®] maintains the post-treatment goals as they are robust enough to push thicker clear retainers into the correct position.

06

Relapse correction

Early relapse can be reversed by judicious use of Munchies[®] using a 22 hour per day wear protocol in tandem with retainers.

07

Seating attachment templates

Strategic bilateral placement of Munchies[®] ensures that aligner templates are completely and symmetrically seated.

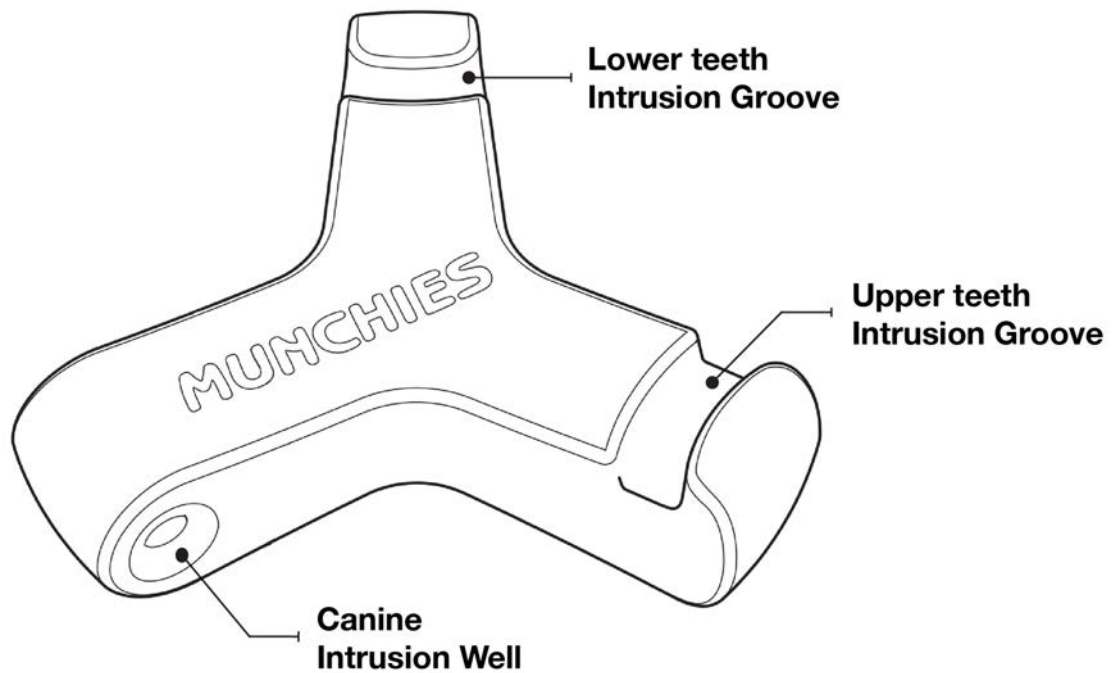
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Increase intrusion predictability

Intrusion movements in clear aligner therapy remains as one of the most unpredictable. Although only 10g of consistent force is required, intimacy of aligner fit against the incisal surfaces are more critical in this movement than any other.

Munchies®

The **standard size Munchies®** devices are fabricated in four different hardnesses with the primary aim to seat aligners more accurately and improve the predictability of treatments. After seating the aligners with finger pressure only, patients will notice a degree of ill fit. Use of the Munchies® will instantly remediate this issue and all patients will confirm an intimate fit and normalized speech patterns.



The **Upper and Lower teeth Intrusion Grooves** have been designed to adapt to the anatomy of the incisors. The grooves are engineered to grasp each aligner incisally and gently provide forces to optimize seating without distorting the aligner form and shape.

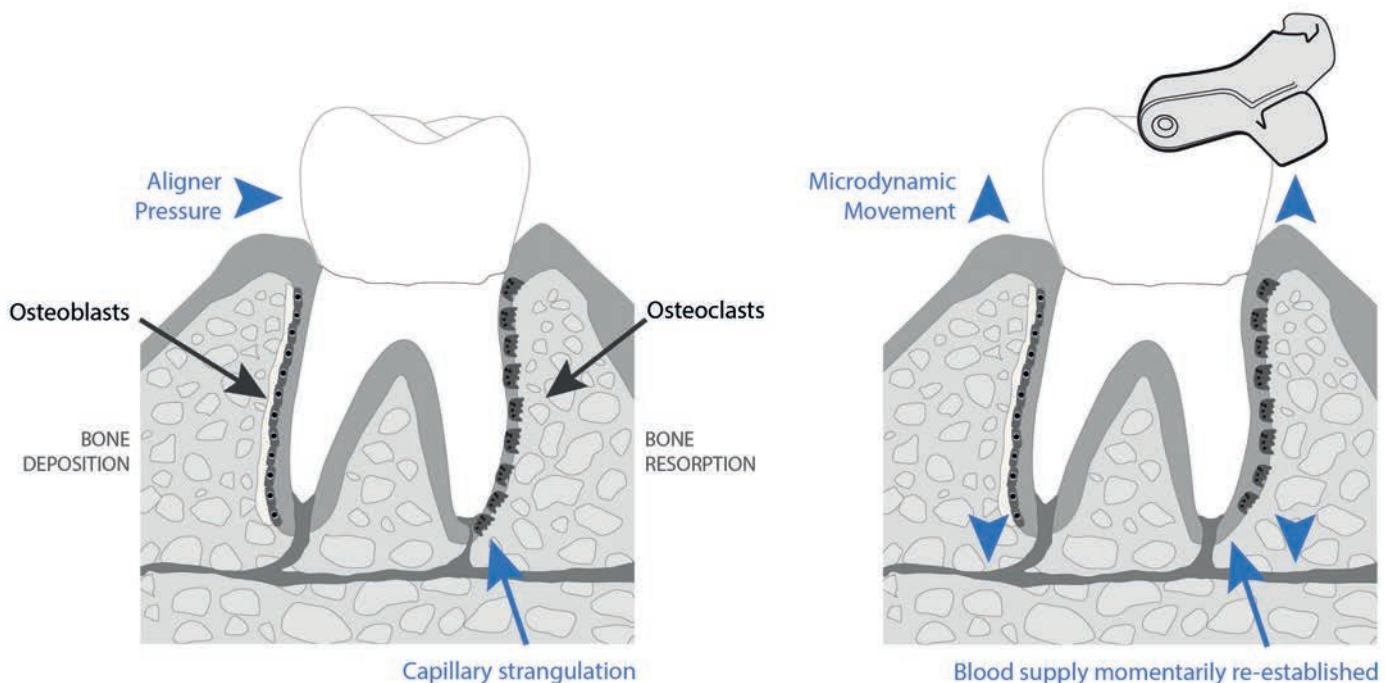
The **Canine Intrusion Well** has been anatomically designed to engage the incisal third of the upper and lower canines to ensure the aligner is seated intimately and is ideal to utilize for complete seating of attachment templates.

Munchies® Gentle

The softer **Munchies®** also act as a powerful orthodontic analgesic which can provide pain relief as effective as acetaminophen or ibuprofen after each new aligner insertion (this is known as the Bite Wafer effect).

Whenever teeth are moved to new positions, aligners will produce pressure that heighten capillary strangulation, which ultimately results in the production of prostaglandins, bradykinins and arachidonic acid with subsequent hyperalgesia for the patient.

The viscoelastic properties of the Munchies®, when used with a Shore Hardness that the patient finds to be comfortable, produces a micro-dynamic movement of the tooth around the periodontal ligament, which allows a cyclical momentary blood flow into the pressured area and minimizes the onset and intensity of pain.

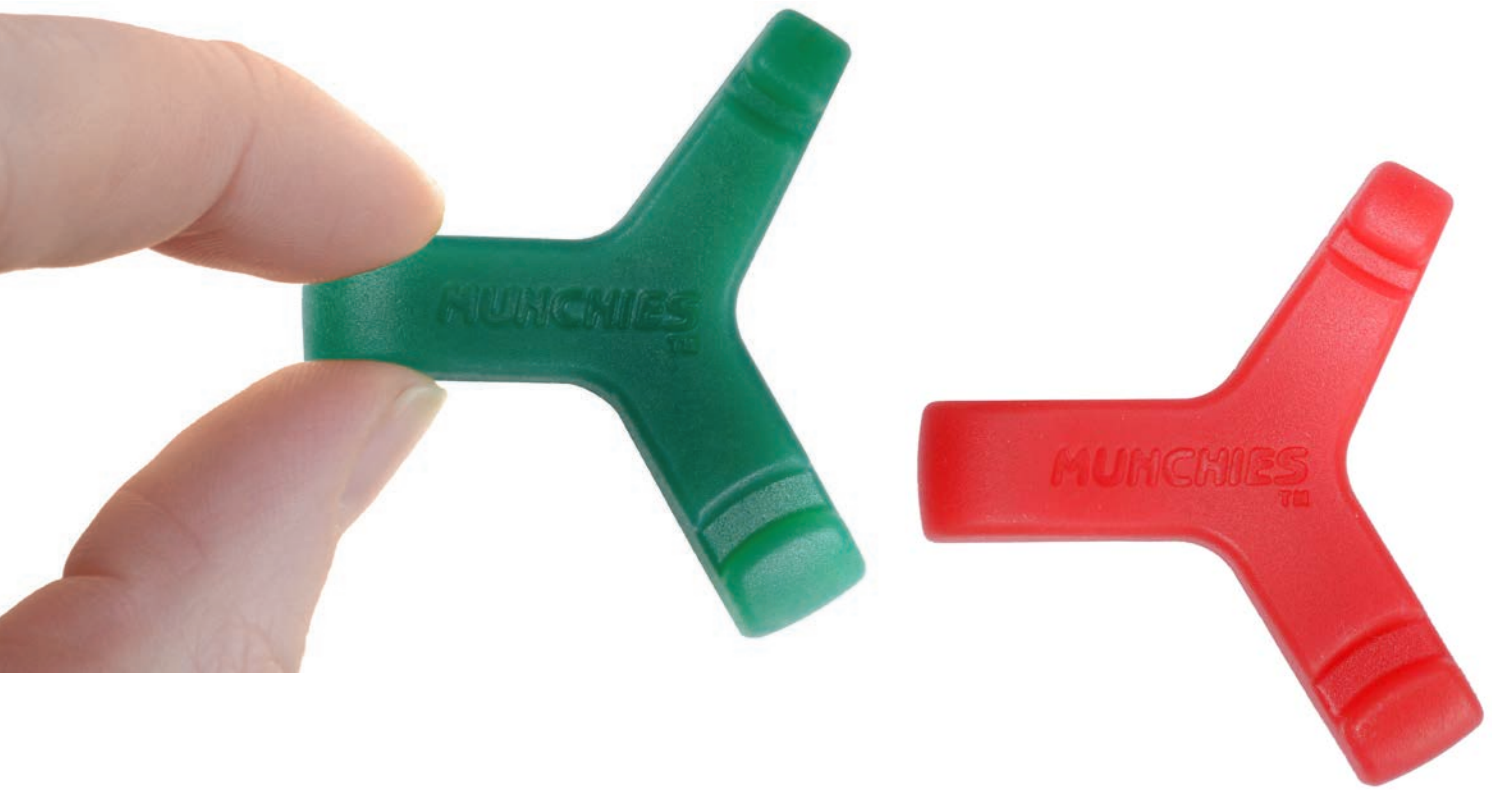


Munchies[®] Firm



The Munchies[®] Firm series were created to provide a device with optimal visco-elastic properties to seat clear aligners as intimately as possible and with force systems that do not cause any distortion of the aligners.

The stellar performance of these custom engineered Firm Munchies[®] (yellow/orange/red) has been verified in more than half a million prescribed devices since 2018.



Munchies® Maxx

The **Munchies**® Maxx is a 15% larger, more robust device which is designed for patients with deeper bites or who prefer to use more regularly and subject the device to far greater forces.

The feature of Munchies® Maxx is in its unique morphology which provides enhanced tear resistance in the anterior seating wells by utilizing a higher silicone Shore Hardness and a larger cross section.

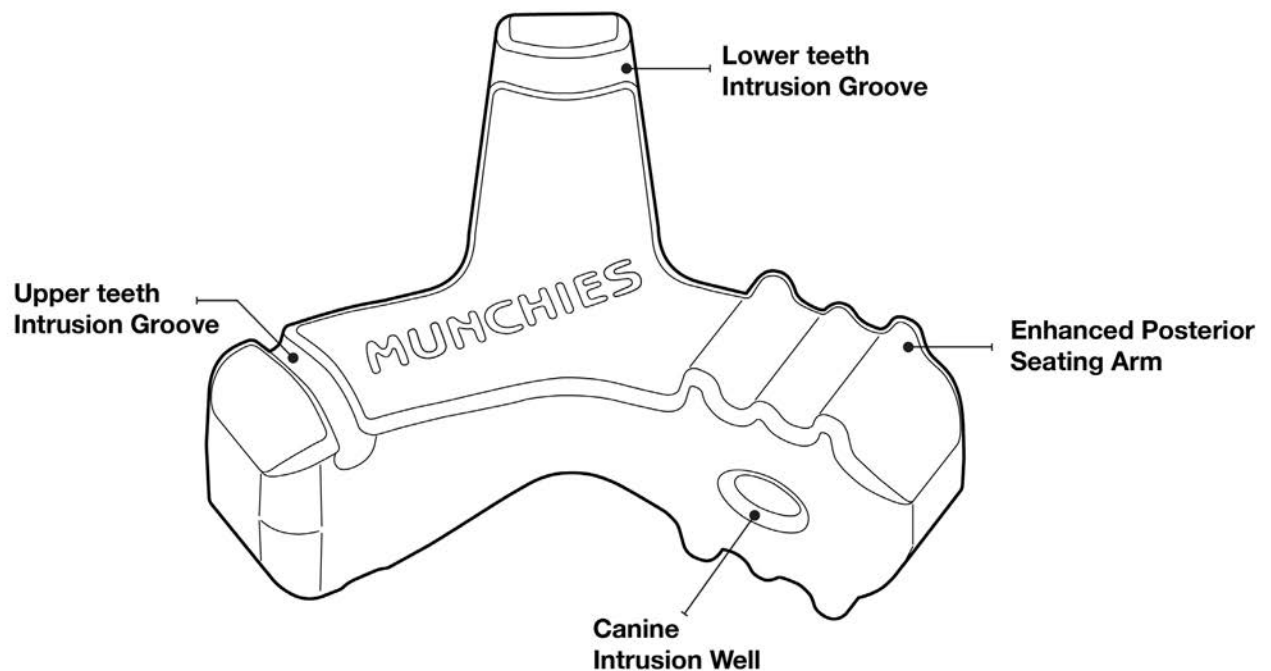
Munchies® Maxx come in 2 different hardnesses: Red (harder) and Green (slightly softer).



Munchies® EPS

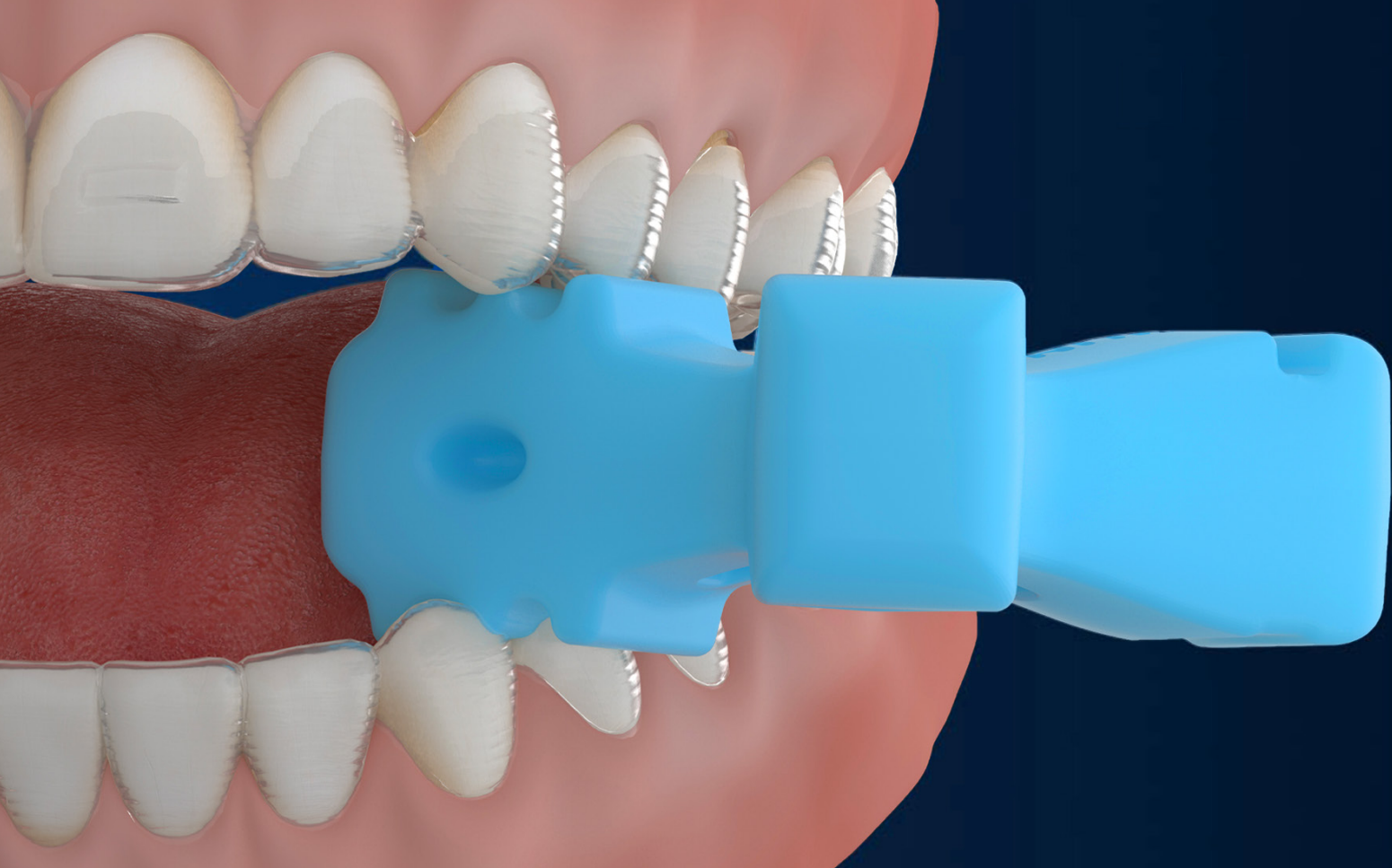
The **Munchies® EPS** (Enhanced Posterior Seating) range have been designed to optimize the seating of aligners in the premolar region in particular, where expansion is often programmed.

Designed and engineered by the Orthodontic Faculty at the Postgraduate School of Dentistry, this device utilizes the same principle as the standard Munchies® but also focuses on the posterior teeth, where optimization of seating and fit is critical to ensure pure buccal translatory forces are applied.



The Munchies® EPS **3-ridged-arm** has been designed to adapt to the anatomy of all premolars and extended palatally and lingually to ensure expansion forces from the aligners are delivered as gingivally as possible to avoid tipping and open posterior bites.

These tipping movements occur due to the expansion forces programmed into the aligners being applied inaccurately. Poorly fitting aligners in the premolar region will deliver forces which are too coronal and produce a greater propensity to unwanted tipping and onerous open posterior bites.



Munchies® EPS have been designed to minimize unwanted tipping movements during arch expansion, especially in the premolar region.

Using the 4 Point Touch System design, the Munchies® EPS posterior arm engages the aligner in the central fossa and cuspal inclines areas of the premolars and optimizes seating without compromising the shape of the aligner.





Munchies[®] EPS

Munchies[®] EPS are offered in Pink and Blue options. The Pink Munchies[®] EPS has a hardness in between the standard Yellow and Orange Munchie, whilst the Blue option has a similar hardness to the standard Red Munchie.



Munchies® VIBE II

The new generation **Munchies® VIBE II** has been further augmented to rewrite the future of predictability in clear aligner therapy treatments. The device delivers controlled, symmetrical acceleration (through osteoclastic activation) and optimized aligner seating which leads to faster and more predictable orthodontic movements. The acceleration outcome is achieved through the delivery of specific high-frequency vibratory forces, which are specifically targeted through a series of morphologically shaped nodular and anatomic attachments.

The all-new EPS vibratory attachment head (Enhanced Posterior Seating) seats, engages and then delivers high-frequency acceleration, particularly in the all important premolar regions, where expansion is almost always prescribed.

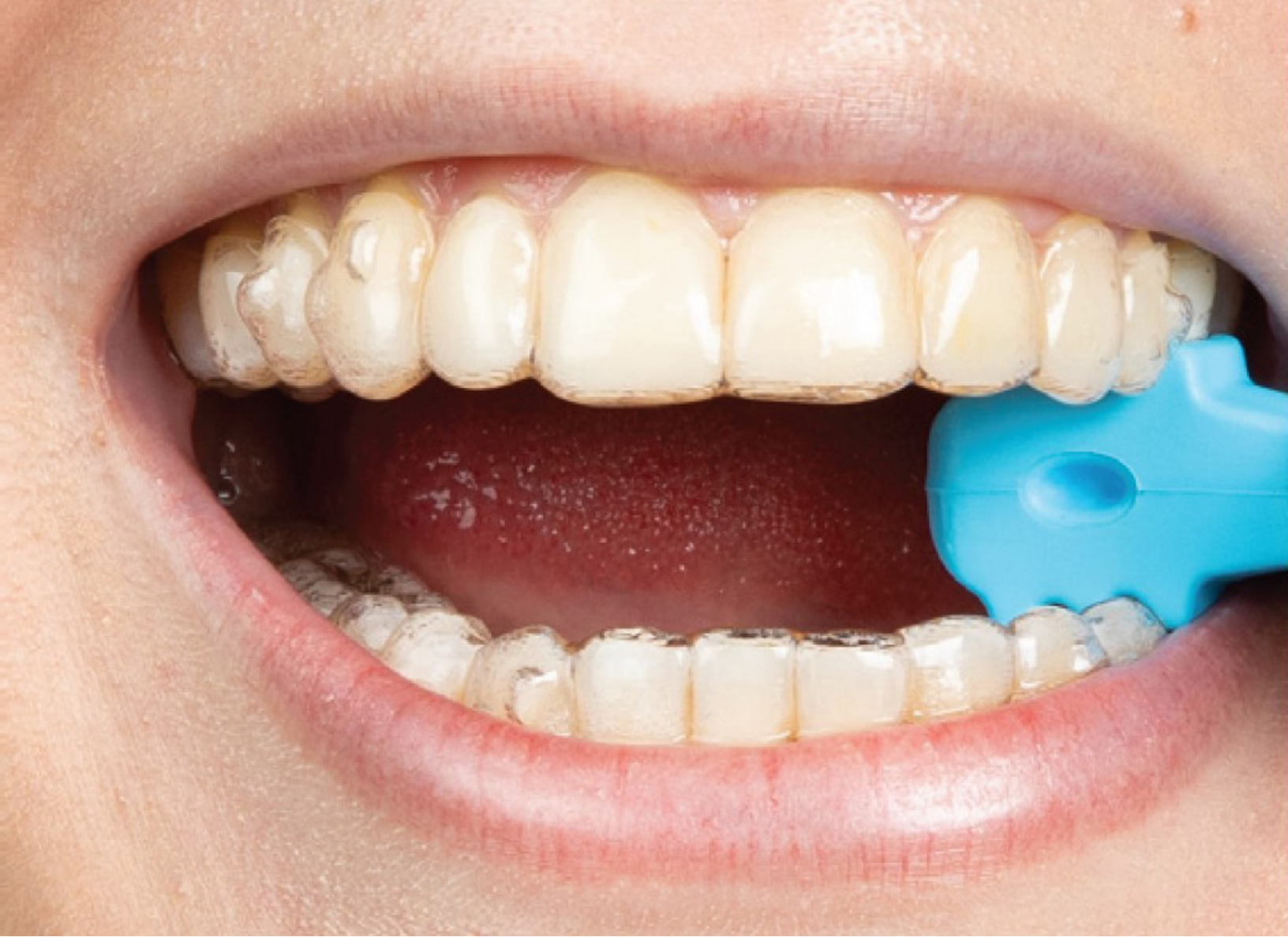
The latest update includes a rechargeable carry case, which ensures that the Vibe II hub is constantly powered for optimal efficiency.





Munchies[®] VIBE II

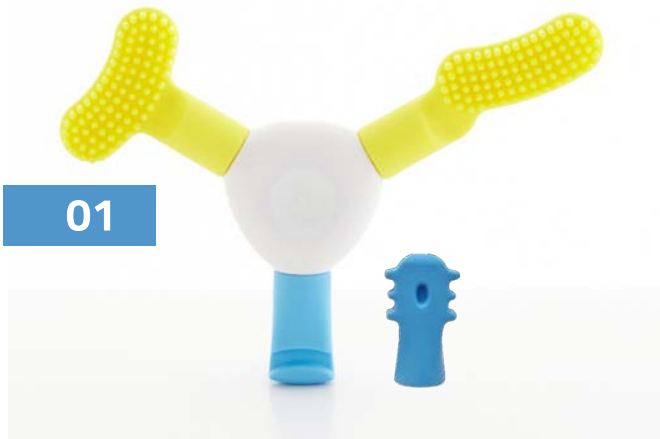
The unique nodular design of the Munchies[®] VIBE ensures engagement of every tooth in the dental arch simultaneously.



EPS Vibrating Attachment

The all-new EPS vibratory attachment head (Enhanced Posterior Seating) seats, engages and then delivers high-frequency acceleration, particularly in the all important premolar regions, where expansion is almost always prescribed.

High frequency, symmetric acceleration for every tooth



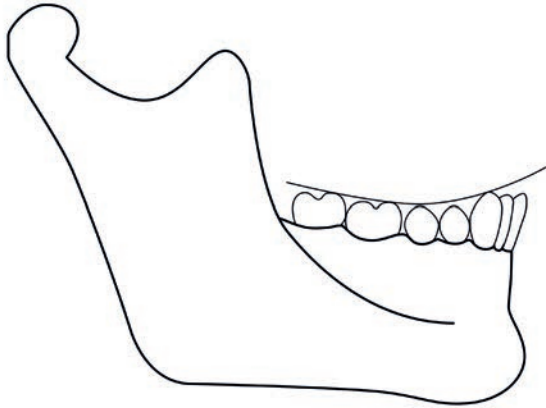
1 This design ensures maximum efficacy by a **significant coronal encapsulation** of each tooth which delivers an even distribution of high-frequency acceleration forces. Each tooth is then subjected to similar force systems which creates controlled and symmetrical acceleration.

2 The **posterior nodular attachment** engages all premolar and molar teeth, regardless of the occlusal plane. This is critical for success in engaging all teeth simultaneously, a feature which other flat plane acceleration devices cannot provide.

3 The **anterior nodular attachment** engages all maxillary and mandibular anterior teeth, regardless of the overbite and uneven incisal planes.

4 The **EPS vibratory attachment** utilises the Four Point Touch system design, where fossa and cuspal inclines areas of the premolars and subject to high-frequency acceleration forces.

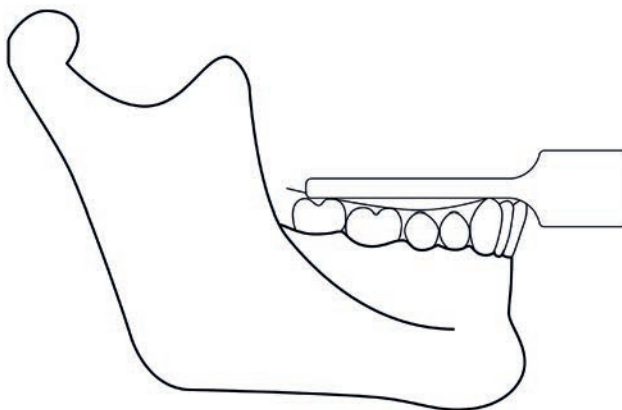
Remediation of a deep Curve of Spee like no other



Standard Curve of Spee

Curve of Spee

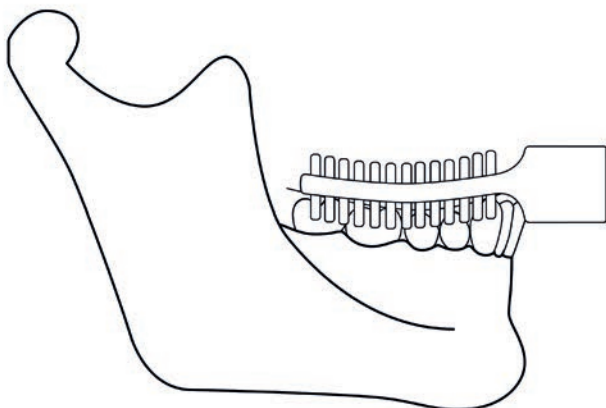
The curvature of the mandibular occlusal plane, beginning at the premolar and following the buccal cusps of the posterior teeth, continuing to the terminal molar.



A standard flat plane device with minimal tooth contact

Flat Plane Device

Flat plane acceleration devices cannot embrace or contact every tooth in the occlusal plane and produce asymmetrical acceleration, which wreaks havoc with predictability of tooth movement.



Munchies® VIBE II device engaging every tooth simultaneously

Munchies® VIBE II

Munchies® VIBE'S unique two quadrant design adapts to the occlusal plane and encapsulates every tooth simultaneously, providing symmetrical acceleration and idyllic predictability.

Munchies® Maintain

Munchies® Maintain devices have been designed to optimise the seating of clear retainers after your patients have completed orthodontic treatment. Optimal fitting of clear retainers not only maintains the post-treatment goals but also aids in providing remediation of minor relapse.

As clear retainers are generally 30% thicker and more rigid than aligners, intimate seating of the retainers can be more challenging. Munchies® Maintain are larger and more robust than regular Munchies® and are specifically designed to provide adequate force systems to seat clear retainers.

Maintaining Post-Treatment Position

As a daily regime for maintaining the position of the teeth after treatment, simply instruct your patients to insert their clear retainers before sleep and engage the groove of the Munchies® Maintain device into the anterior teeth (larger groove for maxilla, smaller for mandible) and bite down for 20-30 seconds on each against each the opposing arch. Then bite down on the ridged EPS arm of the Munchies® Maintain on the posterior teeth for 20-30 seconds on both sides of the mouth. Patients will note that their retainers will fit more intimately within 60 seconds.





Minor Relapse Correction

Many patients are inconsistent with their use of their retainers and minor relapse is a common sequela. If relapse is detected early enough and adequate space is available, the aberrant teeth can be moved back into the correct position with the use of clear retainers and the Munchies® Maintain device.

The patients contact points, adjacent to the relapse site, should be checked carefully to ensure that no collisions have occurred. Relief of these areas may need to be provided.

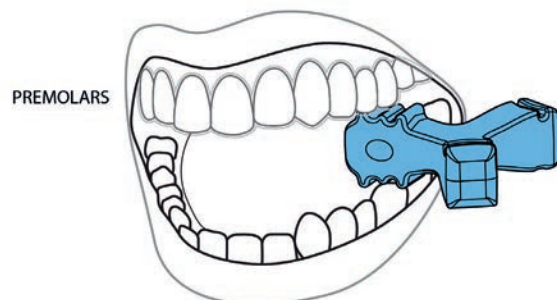
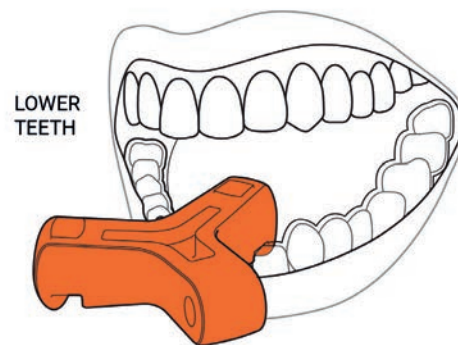
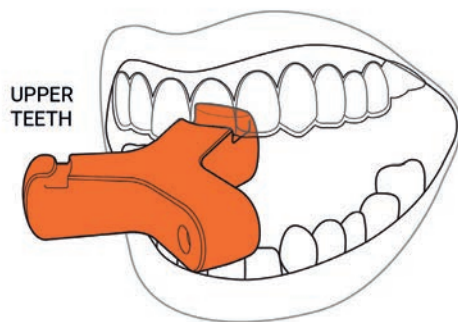
Instruct your patients to wear their clear retainers as they would their aligners, for 22 hours per day and use Munchies® Maintain each time the retainers are inserted. The rigidity of the retainers and optimization of the fit with the Munchies® Maintain should allow the teeth to move back towards their post-treatment position.

Patients should maintain this regimen until the teeth have moved back into their post-treatment position. Regular checks by the health care provider should be provided and clear retainers replaced as required.

Instructions for use

Munchies[®], ***Munchies***[®] EPS, ***Munchies***[®] Maxx and M-Series.

1. Place the aligner or retainer over the teeth by hand and apply slight pressure with your fingers until it is seated almost completely.
2. Insert the Munchies[®] device into your mouth and position it between the upper and lower arches. Insert your upper front teeth into the larger of the two grooves on the Munchies[®] device or your lower front teeth into the smaller groove.
3. Gently bite down on the Munchies[®] device and work the aligner into place until fully seated.
4. Focus on one tooth at a time and ensure that gentle forces are applied to all of your front teeth, both upper and lower.
5. The Munchies[®] EPS 3 ridged arm should be placed over the premolar areas with the aligners in place and gently biting down for 20 seconds at each aligner insertion.
6. Repeat the use of Munchies[®] device at every aligner reinsertion. The M-Series is designed for more vigorous and continuous use additional to use only at re-insertion events.





Munchies® VIBE II

The ideal protocol for use is to utilize once per day for 12 minutes (or twice per day for 6 minutes): 2 minutes on each side of the mouth with the posterior nodular attachment. 2 minutes using the anterior nodular attachment and 2 minutes on each side of the mouth with the EPS vibratory head attachment. This protocol is integrated with use during the day, at every aligner reinsertion, and with any of the Munchies® devices to ensure optimal intimacy of fit.

Additional seating in areas that may be lagging can be achieved by using the specific grooved anterior attachments.

The latest update includes a rechargeable carrying case that can hold multiple charges, which ensures that the Vibe II hub is constantly powered for optimal efficiency.

Munchies® Maintain

As a daily regimen for maintaining the post-treatment position, simply instruct your patients to insert their clear retainers and put their upper front teeth into the larger groove on the Munchies® Maintain device and bite their bottom teeth against it. Then, instruct them to put their lower front teeth into the smaller groove and bite their top teeth against it. They should do this for about 20-30 seconds on the upper and lower arches.

Next, instruct your patients to bite down on the ridged EPS arm of the Munchies® Maintain device on their back teeth for 20-30 seconds, on both sides. Patients will note that their retainers fit more intimately within 60 seconds.

For correction of minor relapse, ask patients to wear their clear retainers for 22 hours per day and use Munchies® Maintain each time the retainers are inserted and for an additional 2 minutes in the morning and before bedtime. In addition, instruct them to bite down on the ridged EPS arm of the Munchies® Maintain on their posterior teeth on each side of their mouth for up to 30 seconds.



Munchies® and Munchies® VIBE II are the perfect partners for optimising accuracy, comfort and predictability in every clear aligner treatment.

How to Prescribe?

01

***Munchies*[®], *Munchies*[®] EPS and *Munchies*[®] Maxx, *Munchies*[®] M-Series**

Two *Munchies*[®] at initial aligner insertion and 1-2 as needed at each aligner changeover appointment. Heavier bites, bruxers and patients who use with greater frequency may need more devices or use the more robust Maxx and M-Series devices.

02

***Munchies*[®] VIBE II**

From first aligner insertion in tandem with any of the *Munchies*[®] devices. Replacement heads may be purchased as needed.

03

***Munchies*[®] Maintain**

Two or three devices prescribed at completion of tooth movement and replaced as needed. More devices may be required to correct minor relapse.

04

***Munchies*[®] Calculator**

Is a unique on-line algorithm which has been specially created to help you choose the most ideal devices and protocols for all of your patients. The calculator requires data relevant to each patient and their specific treatment plans and then delivers an ideal solution for you to then prescribe. Visit orthomunchies.com for more details.

Munchies® Calculator

For Doctors

Choose the most effective Munchies® devices and protocol for every patient. The Munchies® Calculator has been developed after clinical feedback and four years verification of the efficacy and application of each device.

Simply populate each field and the calculator uses an in-built algorithm to guide you to prescribe the most suitable device for each and every patient.

Number of aligners

- 1 1-7 aligners
- 2 8-14 aligners
- 3 15-26 aligners
- 4 More than 26 aligners

Aligner wear time

- 1 Less than 7 days
- 2 7-10 days
- 3 11-14 days
- 4 More than 14 days

Age of patient

- 1 Less than 25 years
- 2 26-39 years
- 3 40-55 years
- 4 More than 55 years

Anterior vertical movement-extrusion

- 1 Less than 1.0mm
- 2 1.0mm - 2.0mm
- 3 2.0mm - 3.0mm
- 4 More than 3.0mm

A-P movement (posterior)

- 1 Less than 1.0mm
- 2 1.0mm - 2.0mm
- 3 2.0 - 3.0mm
- 4 More than 3.0mm

Expansion (per quadrant)

- 1 Less than 1.0mm
- 2 1.0mm - 2.0mm
- 3 2.0mm - 3.0mm
- 4 More than 3.0mm

Greatest value of rotation

- 1 Less than 10 degrees
- 2 11 - 20 degrees
- 3 21 - 30 degrees
- 4 More than 30 degrees

Anterior vertical movement-intrusion

- 1 Less than 1.0mm
- 2 1.0mm - 2.0mm
- 3 2.0mm - 3.0mm
- 4 More than 3.0mm

Our algorithm instantly delivers the most efficacious device recommendations.





Munchies[®]

orthomunchies.com

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