

sanctum





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Sanctum is a therapeutic dental device that provides relaxation and distraction during treatment, optimal eye protection and unprecedented post-procedural recovery for every patient.

Sanctum is equally suited for patients for home use to promote generalized relaxation, accelerate post-operative recovery and as an important aid for sleep onset inducement.


Dental healthcare professionals who operate in busy and stressful environments are afforded a powerful remedy for eye fatigue and hypertonic facial and neck musculature by using Sanctum in break periods or at day's end.



Who can
Sanctum
help?

Many different types of individuals can benefit from using Sanctum, including:

1. Patients who are nervous and anxious
2. Patients undergoing long procedures
3. Patients who dislike or are afraid of the noise of dental drills
4. Patients who dislike the vibration of dental drills
5. Patients who prefer not to see instruments or operators during treatment
6. Patients who have local anaesthesia
7. Patients who need optimal eye protection during treatment
8. Dental healthcare professionals with eye fatigue
9. Dental healthcare professionals exposed to stress
10. All individuals for home use affected by stress
11. For inducement of sleep



How does
Sanctum
work?

Sanctum provides unheralded relief, relaxation and protection through the unique combination of therapeutic modalities:

- Targeted peri-orbital contracting and compressional massage therapy (around the eyes)
- Thermotherapy, specifically at 42°C / 107°F
- Vibrational force therapy
- Distraction therapy using in-built audio input (or via Bluetooth from your own device)
- Accelerated anaesthetic dispersement
- Sleep onset enhancement
- Unique fully sealed eye protective design
- Long battery life
- Ergonomic & portable folding design with soft case

Patient Benefits of Sanctum

1. Significant Relaxation

Most dental patients are nervous and apprehensive during dental treatment. Compressional massage fires the stretch reflex which enables hypertonic muscles to relax. Pressure applied by Sanctum stretches the spindle cells and triggers a reflexive contraction. This contraction protects the muscle from hypertonicity and is followed by general relaxation of all of the peri-orbital and facial muscles.

2. Improved Lymphatic Drainage

Compression from Sanctum initially constricts muscle fibres and capillaries: metabolites (by-products of muscles doing work) are quickly eliminated. Momentary reflexive tightening of the muscle (the stretch reflex) compresses venous and lymph channels. This tightening forces metabolites out of muscle tissue and prevents tissue irritation caused by the stasis of lactic, hyaluronic and carbonic acids.





3. Faster Healing

Compressional massage therapy accelerates healing as pro-collagen fibre formation is stimulated.

Mechanical stimuli in this form of massage, when applied to the orbit and surrounding tissues are able to increase collagen production by the stimulation of fibroblasts' functions and by attracting new cells from neighbouring areas.

Targeted pressure will produce blanching on trigger points which creates a local hypoxia, followed by a reactive hyperemia. Micro-circulation is restored and the trigger point is eradicated. Micro-haemorrhaging also eventuates in increased metabolic function.

4. Mood Enhancement

Prolonged deep compressional therapy results in vagal tonus and parasympathetic dominance – altering mood (hypnagogic trance) and an improved healing state results



Patient Benefits of Sanctum

5. Accelerated Anaesthetic Recovery

Many patients have anxiety over having local anaesthetic as part of a dental procedure. Whilst they are grateful for not feeling any pain or discomfort during their procedure, they will likely want any anaesthesia to wear off as quickly as possible after their procedure is complete.

If no swelling is present, gentle application of the Sanctum device to the anaesthetised soft tissue will immediately increase blood flow to the affected area. In addition to the warmth, compression therapy will also increase blood flow and the anaesthetic will dissipate up to 50% faster. (particularly infiltration anaesthesia).

6. Ideal Eye Protection

The Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA) requires dental practices to provide protective eyewear for all patients. Sanctum provides a completely sealed protective environment and is highly impact-resistant to





deflect potential airborne debris – whether hard or soft – during all dental procedures. Wearing Sanctum properly is also an important way to reduce the risk of transmission of infectious agents. Many procedures generate particles that may travel towards the eyes and peri-orbital areas of the patient. Common procedures include the use of an ultrasonic scaler, the highspeed air rotor hand-piece and the triplex syringe.

7. Audio Relaxation And Distraction



Music therapy an exogenous cue that can be utilised in dentistry for apprehensive and nervous patients as it significantly reduces anxiety. Music is an effective, complementary, non-pharmacological method contributing to providing comfort during clinical procedures. Dental visits can be made more palatable by incorporating an audio analgesia effect during treatments, with no significant financial input.

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Working to alleviate tensions, stress and anxiety associated with dental visits

Five Treatment Modes:

1. Dental Pre-Treatment Mode
2. Dental Treatment Mode
3. Surgical Relaxation Mode
4. Post-Treatment Recovery Mode
5. Post-Anaesthesia Mode

Dental Pre-treatment Mode



Indication: The Pre-treatment Mode prepares a patient for any the dental, medical or clinical procedure. This mode is best used to enhance the mood of patients with a history of anxiety, nervousness or general fear of being in the dental surgery.

This “all-in” setting allows patients to sample all functions and is ideal to offer patients before treatment commences. The patient may choose to preclude one or more functions to suit their individual needs. This mode is best utilised before administering local anaesthesia.

Functions:

- Compression therapy
- Thermotherapy 42°C/107°F
- Vibrational Massage
- Audio analgesia

Dental Treatment Mode



Indication: This Sanctum function is best used for shorter dental treatment appointments like a dental prophylaxis, minor restorations, veneer preparations and digital impression procedures. Best utilised for patients who are afraid of dental drills and noises during a procedure. This setting is simple yet effective as a distraction during most procedures. The patient detects compression, whilst music or audio stimuli are heard which affords them “drifting off” into their own relaxed mental state.

Functions:

- Compression therapy
- Audio analgesia

Surgical Relaxation Mode

Indication: This combination suits patients who are comfortable with multiple stimuli and prefer a stronger sense of distraction, especially during more complex procedures.

Crown and bridge, oral surgery and implant procedures are common uses for this mode.

Functions:

- Compression therapy
- Audio analgesia
- Vibrational Massage





Post-treatment recovery mode

Indication: This Sanctum mode allows the patient to recover and relax after dental treatment. The patient can be brought into a recovery room or is given time in the chair to complete the Post-treatment Recovery cycle.

Compression Therapy is initiated at this stage which initiates lymphatic drainage and increases collagen production and healing as the patient rests post treatment.

Thermotherapy is introduced at 42°C/107°F.

This mode allows the dental practice/staff time to look after the patient and ensure they are safe to leave the clinic on their own, increasing customer satisfaction and providing an additional service.

Functions:

- Compression therapy
- Thermotherapy 42°C/107°F
- Audio analgesia

Post-Anaesthesia Mode

Indication: The Post Anaesthesia mode is best used when there is no swelling present. This Sanctum mode is designed to assist in dispersion of anaesthetic solution out of the facial region. Used in the dental chair or recovery room, it helps any anaesthesia to wear off as quickly as possible after a procedure is completed.

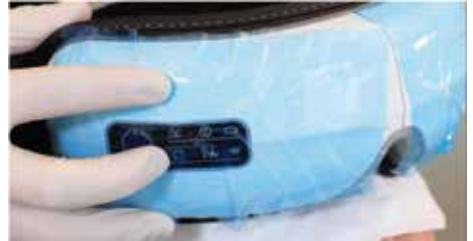
Functions:

- Thermotherapy 42°C/107°F
- Audio analgesia



Preparing Sanctum For Use

1. Place a plastic protective barrier on the Sanctum device.
2. Use a tissue or cloth as an eye barrier on the patient.
3. Place the Sanctum gently over the patient's head so it sits comfortably over the ocular area. The strap is adjustable to achieve the perfect fit.

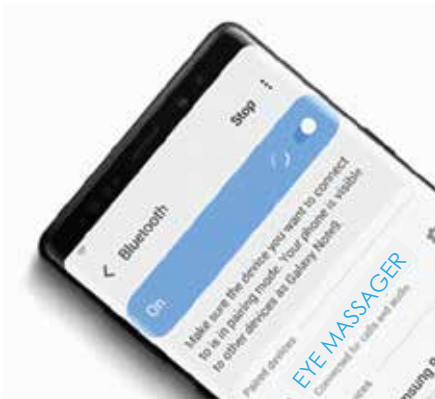


Turn on Sanctum and connect to Bluetooth®



1. Long press the  button for 2 secs to turn it on/off.

Touch the button again to select the Treatment mode you desire. The treatment will begin and you will hear the Welcome message. The treatment will go for 15 mins.



2. On your mobile phone, iPad, tablet or computer: switch on Bluetooth, search for the Sanctum which is named "EYE MASSAGER" and connect.

You can now select and play music/audio through the device.

What's in the Box, Charging & Cautions

Whats in the Box:

- 1 x Sanctum device
- 1 x Sanctum Stand
- 1 x USB cable
- 1 x Storage bag
- 1 x Instructions for Use



Charging

Charge for 2-3 hours before use, 5-6 uses per full charge. The charging light will turn red when charging and go off when fully charged. The charging light will flash if low power.

Cleaning:

1. Do not submerge in water.
2. Use surface cleaner such as an alcohol bactericidal towelette. We recommend barrier protection on the device and eyes with each use.

Cautions:

1. Remove contact lenses before use.
2. Do not use Sanctum while walking or driving.
3. Do not use at high temperature or humidity.
4. Do not use if you have eye disease.
5. Immediately stop use if you feel unwell.
6. Do not disassemble the device.
7. After use your eyes may be blurry, keep your eyes closed for 1-3 minutes and they will become clear.

Specifications:

Power Adapter: AC 100-240V DC 5V

Rated Voltage: 5V DC

Rated Power: 5W

Massage Time: 15 minutes default

Battery: Built-in 1200mAh Li-ion battery

Working Time after full charge: 75-90 min

Charge Time: 2-3 Hours



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www.dentalsanctum.com