



Patient Indications for SpaceCHQR

Before you use the SPACE CHQR, make sure you have brushed and flossed your teeth. Ensure there is no food or foreign body between your teeth.

Food Traps: If you are using the device to verify if too much space exists between teeth and you are getting food trapped, slide the Green Gauge between the teeth if you can. If it fits easily then contact your dentist. If the Green Gauge does not fit, try the Orange Gauge. This amount of space may also indicate that the area needs to be examined professionally.

Clear Aligner Orthodontics: When using the SPACE CHQR at the start of clear aligner orthodontics you will note that most areas of contact between your teeth will only allow the Red Gauge to enter. This is normal: you will note however that as you progress through your treatment and room is being created, the Orange and Green Gauges can enter.

Once you have used 4-5 trays, before you change over into any new aligner, keep measuring the space between your teeth. If at any stage that you struggle to get the Orange Gauge in between, inform your dental health care professional as the teeth may be jammed and your teeth won't move.

Towards the end of your clear aligner treatment you should notice that the spaces become tighter. This is ideal as you really only want the Red Gauge to fit in and minimise the spaces.

Inserting the gauge:

Using your bathroom mirror or similar, slide the SPACE CHQR gauge in between any 2 teeth using your opposing jaw, teeth or finger support to insert the gauge.

Take note of the amount resistance during insertion and between the teeth contact points. During verification, start with Green if it does not fit then use Amber CHQR and finally Red.

The Simple Green Rules