

Sleep Solutions: Three Easy Steps

Delivery of Appliance

Delivery and adjustment of appliance and follow-up appointments.



1000 Corporate Drive • PO Box 770
Marshfield, WI 54449
www.dentalcrafters.net



Delivery and Adjustment of Appliance

1. This appliance is made from a thermal active acrylic. Place the appliance under warm/hot water to soften the heat-sensitive material
2. To insert the appliance, place over upper teeth and ask the patient to move the mandible forward and close slowly into the mandibular portion. The patient should not have to use excessive force to place the maxillary or mandibular portions. If the maxillary or mandibular teeth are inhibited or prevented from seating into the appliance completely, the appliance can be placed back on the casts while running them under warm water in order to stretch the appliance to improve the ease of insertion and removal. Then remove the appliance carefully while running under warm/hot water. If the appliance will not seat with relative ease on to the teeth, then a minor adjustment to the interproximal areas of the acrylic or the periphery of the appliance may allow proper seating.

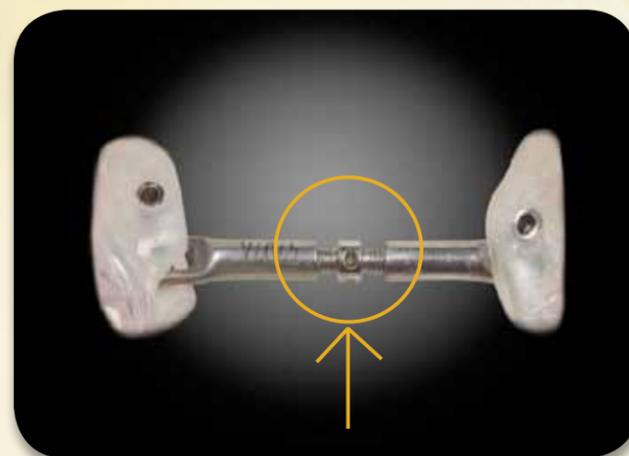
Note: When the patient is able to place the appliance over the upper and lower teeth with relative ease, have them sit with the appliance in place for 3-4 minutes to allow the acrylic to cool to body temperature to be certain they are still able to remove the device without struggling.

3. To remove the appliance, instruct the patient to place the fingertips on the upper edge of the molar portion of the maxillary part of the appliance and press down by alternating the right and left side in a rocking motion to remove it from the teeth. When the upper teeth have been freed from the appliance, the patient can place the thumbs on the lower edge of the lower portion of the appliance and rock this portion off of the teeth and remove the device from the mouth.

Note: Instruct the patient to avoid removal of the device by simply opening the mouth without using the fingers or thumbs because it may distort the device or fracture the acrylic or screw mechanism.

** See **Dental Crafters IST Snoring Appliance, Patient Instruction Booklet** for further instructions, including cleaning of appliance.*

4. Provide the patient with care instructions and schedule a follow-up visit in 3-4 weeks. Instruct the patient to call your office and discontinue use of the appliance if soreness or pain in the teeth or jaw is experienced.
5. Mechanism for changing the jaw treatment position. One turn of the screw mechanism will advance or retrude the mandible by 0.25 mm



The appliance can be easily adjusted further forward or backward from original position by using the wrench provided by Dental Crafters to make the adjustments.

- Lengthening the screw will increase the protrusive measurement.
- Shortening the screw will decrease the protrusive measurement.

6. The patient should be instructed that there is no adjustment of the mandibular treatment position during the first week. Following the first week, if the patient is still snoring and the symptoms of apnea continue, then the appliance can be advanced by 1-2 turns. The patient should monitor the symptoms for 3 nights and if the symptoms continue, adjust the appliance 1-2 more turns. This process of adjustment and monitoring is continued until the symptoms are resolved.
7. The patient should understand that the first 2 weeks will be a period of adaptation to the appliance and although it is our hope that the patient will notice significant improvement in their symptoms during the first week, it may take 4-6 weeks of adjusting the mandibular treatment position before maximum benefit is noted.

Follow-up Appointments:

1. Patient should be referred back to sleep physician for follow up study with the appliance.
2. The follow up study will indicate if adjustments to the appliance should be made. Determine if the appliance is effectively treating the OSA.
3. Review the patients progress with the appliance. Discuss the changes of symptoms and effectiveness and comfort of the device.

Patient examination

- check fit of appliance
- verify that screw mechanism is set appropriately
- evaluate TMJ, muscles of mastication and range of motion

Patient placed on recall

*You, Your Dentist &
A Better Night's Sleep*

