

Instructions for Use of Your Somnodent Appliance

You have been prescribed a Mandibular Repositioning Appliance (MRA) for the treatment of your sleep apnea/snoring. This device is just one of several options to treat sleep apnea and may or may not work for you. In order to determine if this appliance is effective in the treatment of your sleep apnea, it needs to be carefully adjusted and then its effectiveness verified by an additional sleep study. Please carefully read the use and care instructions below:



Adjustment:

- Your doctor has set your appliance at a “Starting Position” for the treatment of your sleep apnea/snoring. You will wear the appliance for the first 3-4 nights at this “Starting Position”.
- Then, adjust the appliance by “cranking” the key 2X/night on **both sides** until symptoms are alleviated. (2 cranks = .2 mm)
- If any position becomes uncomfortable, dial the crank back equally on **both sides** until pain subsides. Do not start advancing forward again until the jaw is comfortable. If pain does not subside, contact your doctor for an evaluation.

Daily Use:

- Brush and Floss well before inserting appliance.
- Inspect appliance prior to each use for damage.
- Firmly seat upper and then lower tray onto each arch using finger/thumb pressure. Do not bite into place as this may damage appliance.
- Remove trays by gently opening mouth then remove appliance by pulling evenly on both sides.
- Clean appliance with cool water (Not Hot Water), toothbrush, and antibacterial soap. Store Wet.

Possible Side Effects:

- Slight tooth or gingival discomfort
- Excessive salivation, especially the first week or so.
- Slight jaw tightness or soreness, initially and with adjustments.
- Temporary bite change.
- Orthodontic movement of teeth.
- Pain and dysfunction of temporomandibular joint (TMJ) and associated muscles.
- Permanent bite change