

Instructions for Use of Your TAP3 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 turning the Adjustment Key clockwise a half turn per night until symptoms are alleviated.
- If any position becomes uncomfortable, dial the Hook back until pain subsides. Do not start dialing 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.
- Engage Hook and insert appliance into mouth as “one piece”. Firmly seat onto arch using finger/thumb pressure. Do not bite into place as this may damage appliance.
- Remove trays by gently opening mouth while hook is engaged and then remove appliance.
- Clean appliance with cool water (Not Hot Water), toothbrush, and antibacterial soap. Store Dry.

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. Wear AM aligner if necessary for 15-30 minutes in the morning.
- Orthodontic movement of teeth.
- Pain and dysfunction of temporomandibular joint (TMJ) and associated muscles.
- Permanent bite change