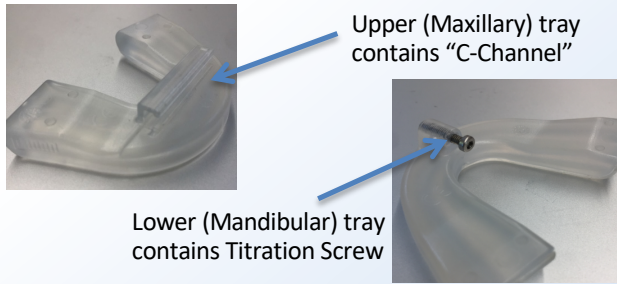


Fitting of the SomnoGuard® AP2 Mandibular Advancement Device

3-Step Custom Fitting Process

Step 1 Upper Tray (C-Channel) Precise Partial Impression



Prepare Appliance for Heating



Back out titration screw most of the way (~15 turns Counter-clockwise)



Assemble by sliding head of titration screw into C-Channel. Mount onto shaft of strainer handle for immersion of both halves.



Immerse 3 ½ minutes in Boiling Bath
Remove and separate trays, keep upper to cool for 20-30 sec, return lower to bath, hard side down.

Obtain Partial Impression of Upper Tray



Align and press uniformly onto upper teeth with teeth close to front of tray (but leaving at least some copolymer forward of teeth)



Obtain a "Partial Impression" with teeth visibly penetrating approximately half way into the softened copolymer. Let cool 45 seconds.

Step 2 Lower Tray Full Impression - Bite



Retrieve Lower (Mandibular) from hot bath, allow to cool for 20-30 seconds so as to not potentially scald patient



While cooling, remove screw from the Titration screw post

Assess normal occlusion

Have patient exercise their bite to assess how upper and lower teeth orient to each other at the slightly open position, judge alignment of front teeth and assess distance (if any) forward upper teeth are of lower (or vice versa).

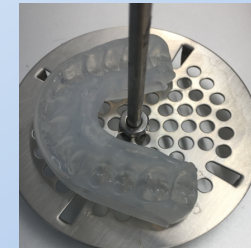


With partially fitted upper tray in place, place lower tray evenly on lower teeth on midline and the appropriate distance from the front of the tray to replicate patient's normal occlusion (ref. above). Instruct patient to **bite fully** into copolymer. While holding firmly between teeth, instruct patient to press any displaced material on the lingual side back into tray with tongue, particularly in molar region, palpate any external copolymer with fingers back into tray.

Let cool for 1 minute.

Instruct patient to remove entire appliance carefully.

Step 3 Upper Tray Complete Full Impression - Bite



Reimmerse upper partially fitted tray, hard side down, back in hot water bath.



30-40 seconds in hot bath (until clear)
Remove and cool for 20-30 sec

Reposition both trays in the mouth, (advise to be gentle with the upper as it is soft, to find position of initial partial impression). Bite and hold firmly. Have patient press any displaced material on lingual side of Upper Tray with tongue.



Let sit for at least 1 minute.



Have patient remove carefully. Look/listen for evidence of retention (Friction or squeak/suction sound upon removal – reheat/remold if necessary). Trim any excess material beyond lateral margins of tray and on posterior pads may restrict free movement of trays.

Mount Locking Nut on short (original) screw and reinsert into Titration post.



Insert Screw until threads just below flush with front edge of post while leaving enough space between nut and head of screw for free movement of C-Channel when assembled.



Initiate Therapy with no advancement (original setting) to enable patient to acclimate to sensation of therapy. Advance in small increments (5 full turns = 2mm) in 10-14 day intervals, until subjective efficacy is achieved. Quantify with HST. Titrate further as needed.

For more information contact your Clinical Specialist at 866-720-8080 or visit www.1stLineMedical.com