

## ***Somnoguard® post-fitting patient instructions***

Patient: \_\_\_\_\_

Date: \_\_\_\_\_

Congratulations on the initiation of your Oral Appliance Therapy for Obstructive Sleep Apnea and/or snoring with the **SomnoGuard** Mandibular advancement device. As both conditions have real and potentially significant negative health effects, you are to be commended for taking the steps necessary to address them.

Your Oral Appliance has been custom-fitted and adjusted as appropriate by your physician. It is important to follow your physician's guidance in the treatment of your condition and use the Oral Appliance consistently as directed. Oral Appliance Therapy has been proven to be an effective therapy for both snoring and Mild to Moderate Obstructive Sleep Apnea, but even the best therapy available is ineffective if it is not used.

As you begin your therapy, please keep in mind these recommendations and typical experiences:

~ Oral Appliance Therapy is a non-invasive medical treatment and cannot, by its use, create any hazardous medical condition. IF YOU EXPERIENCE A MEDICAL EMERGENCY during its use, discontinue use and CALL 911 for assistance.

~ You may experience some mild discomfort as you get acclimated to the appliance holding your mandible in position. This is often reported and typically resolves after several nights of use. Any discomfort should not reach the level that it would be described as pain. If at first you are unable to wear it all night, remove it and use it for subsequently longer periods the following night, until such time as you become accustomed to the therapy. Easing into the therapy is quite acceptable and encouraged. Many patients overcome the initial foreign sensation by wearing the device while awake and watching TV or Driving.

~ If you experience any pain during the use of your Oral Appliance, discontinue use immediately and contact your providing physician as soon as possible. The SomnoGuard Appliances can be adjusted and refitted as necessary, and any perceived need to do so should only be done upon consultation with your providing physician.

~ You may experience several nights of hyper-salivation upon initiation of therapy, as the body naturally reacts to something in the mouth. This is common and typically resolves after a short period of consistent use.

~ Somnoguard is designed to enable mouth breathing as well as permitting you to close your mouth. Some patients report Dry mouth if the appliance alters your normal nocturnal breathing pattern. This is typically transitory.

~ It is important to relax your jaw muscles when using any Oral Appliance. The initial tendency is to try and hold the appliance in place by "biting" it, which can lead to soreness and difficulty sleeping. This is not needed as long as the appliance is fit properly. This tendency to "bite" also typically resolves with a few nights of experience with the therapy.

~ The Oral Appliance works by holding the jaw and associated musculature (including in part the tongue) from falling backwards and partially or completely blocking your airway. Advancement of the lower tray can be performed to meet the needs of your specific anatomy. It is important that this only be adjusted forward as far as necessary to achieve this objective. We recommend any need adjustment be performed in small increments (1-2mm/week) and only repeated as necessary to achieve optimal efficacy. Over-advancing the appliance, or doing so too quickly, can have significant complications including TMJ injury, muscle pain, tooth movement, occlusal changes and other dental repercussions.

~ As the Oral Appliance is holding your lower jaw in a different place overnight than where it would be otherwise, you may observe a sensation of jaw "misalignment" upon removal of the appliance after use. This typically resolves in a few minutes as your jaw muscles return to normal function. If you experience this sensation and it does not go away in a short time in the morning when exercising your jaw or brushing your teeth, please advise your provider as a simple morning re-positioner can be made available to assist in rectifying this rare sensation.

~ Good dental hygiene is necessary while using an Oral Appliance. Annual dental checkups and cleanings are recommended. If at any time during use of Oral Appliance Therapy you experience any dental issues that impact the fit of the device as originally provided by your physician, discontinue use and consult your physician and a dentist if necessary.

~ Maintain your SomnoGuard Oral Appliance by rinsing and brushing with non-abrasive toothpaste AFTER EACH USE. Rinse and dry the storage tray and appliance thoroughly before storing. Preferably allow the appliance to Air Dry, not in direct sunlight. DO NOT soak in denture type cleansers or mouthwash, which may damage your SomnoGuard. DO NOT machine process (dishwasher, microwave, etc). With proper maintenance your SomnoGuard should provide up to two years of beneficial therapy, but this may be affected by several factors including maintenance and the propensity to grind your teeth (bruxism), in which case longevity may be substantially shorter.

~ As the device has a finite lifespan, it is important to inspect the device before each use for wear, specifically looking for cracks in the hard plastic casing or material separation or degradation. If any of these are found, discontinue use immediately.

~ Keep your appliance OUT OF THE REACH OF PETS. The number one factor in premature destruction of the appliance is it becoming a chew toy.

Oral Appliances Therapy has proven very effective at treating OSA and Snoring, and the Somnoguard has been designed with your comfort in mind, but **it will not work if it is not used**. You are strongly encouraged to work through any initial challenges regarding its use in order to establish a pattern of consistent use, and therefore health benefits. A better night's sleep will not only benefit your bed partner (if applicable), but can provide significant long term benefits including more energy, lower blood pressure, less risk for cardiac health problems, among others. Please consult with your physician if you have issues consistently using the Oral Appliance so remedies or other options for treatment can be explored to help ensure your health!

Please follow up with your physician's office in \_\_\_\_\_ week(s) by calling \_\_\_\_\_ to review your experiences and determine if any adjustments or modifications are needed.