

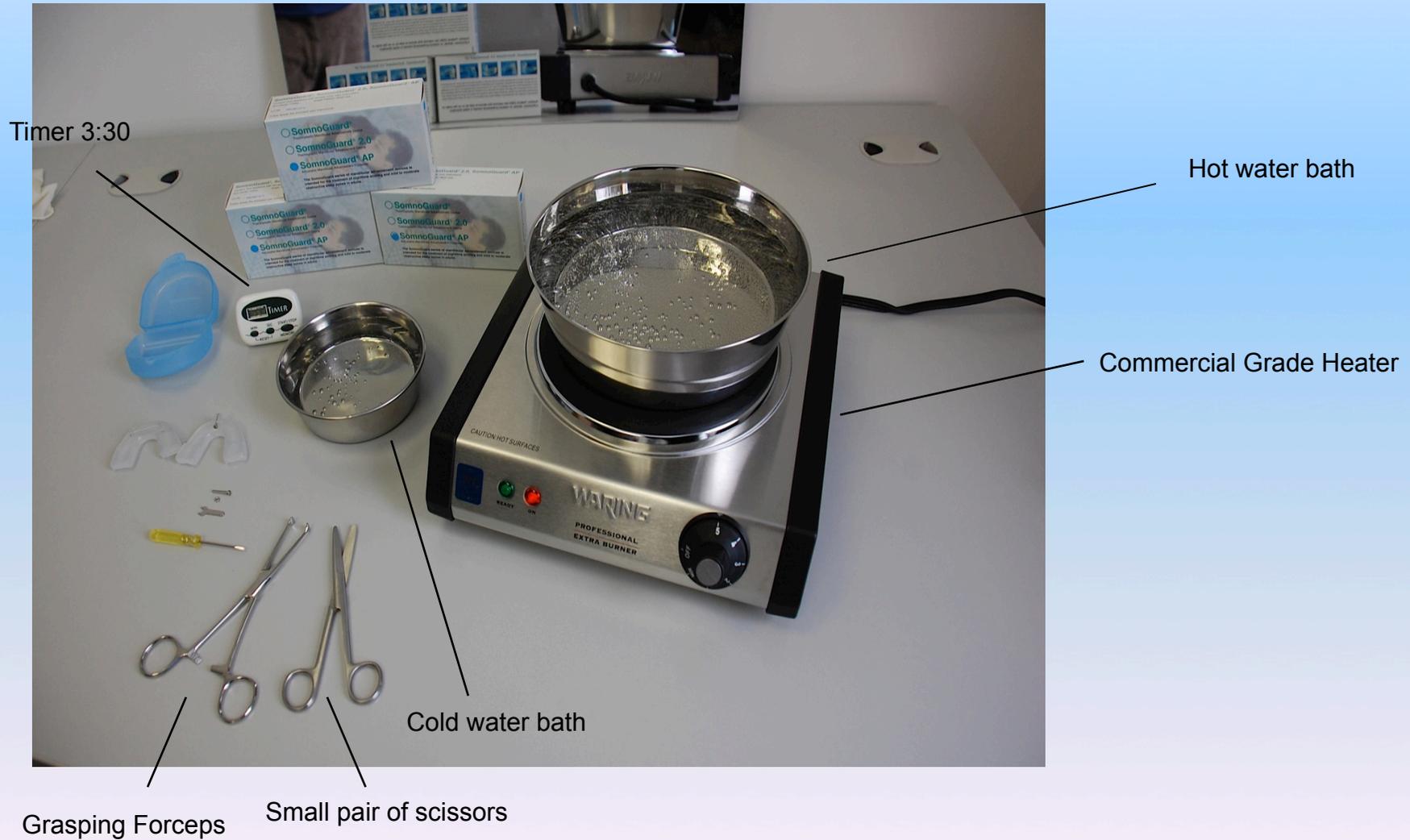
The fitting process of SomnoGuard® SP Soft

Hints for a successful fitting of the Somnoguard SP Soft

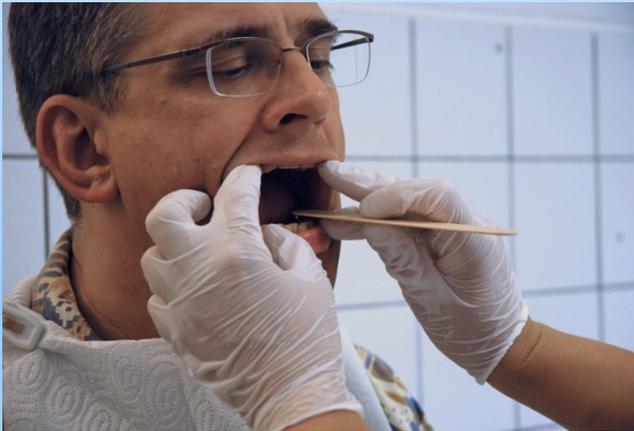


Needed accessories

Equipment Set-Up identical for SomnoGuard AP or SP



Dental examination prior to treatment



Purpose: Exclusion of any contraindications such as:

- Central sleep apnea- - Mandibular joint disorder
- (Strong) gag reflex, larger gaps between the teeth, unstable dental crowns, decay, parodontosis
- Limited mandibular advancement. Patients with sleep apnea should be able to extend their lower jaw forward at least 7mm.
- Restricted breathing through the nasal passages

If the patient's dental condition appears uncertain and in case of occlusal abnormalities (e.g. crossbite, overbite, underbite) a check up visit with a dentist is recommended prior to the start of treatment.

Fitting preparation



Each tray will need to be heated in boiling water for 3.5 minutes. It is recommended that the trays are heated separately. Heating both upper and lower trays together in boiling water helps to save time; however, make sure that both trays do not stick together when boiled.

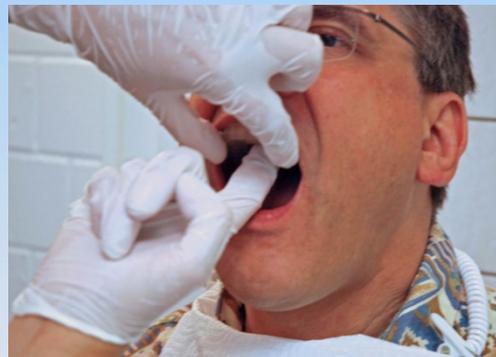


Take the 1st tray out of the boiling water after about 3.5 minutes with grasping forceps or a pair of tweezers and allow it to cool for 15 seconds. Make sure that the temperature of the device is acceptable for fitting: cool enough to not scald the mouth, yet still hot enough to allow the mouthpiece to be moulded.

Fitting the upper tray

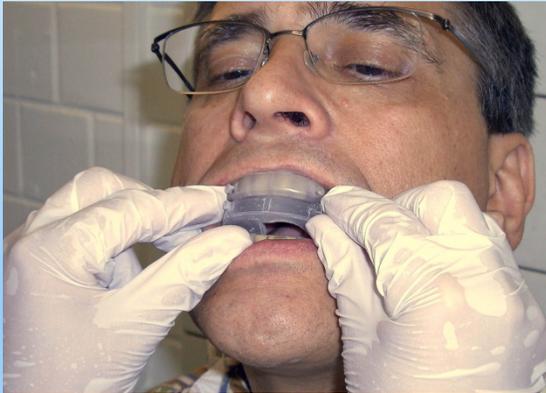


Place the 1st tray on the upper teeth with the incisors(front teeth) as near to the front wall as possible. Press the bottom of the tray upwards, evenly seating the teeth into the mouldable material. Hold the tray in place and press any excess material firmly against the teeth and gums, starting in the front and then moving towards the back teeth.



Press the excessive still mouldable thermoplastic behind the teeth firmly against the teeth and gums on the inside of the mouth with a finger to achieve a good grip (rf. to the user instructions).

Fitting the lower jaw tray



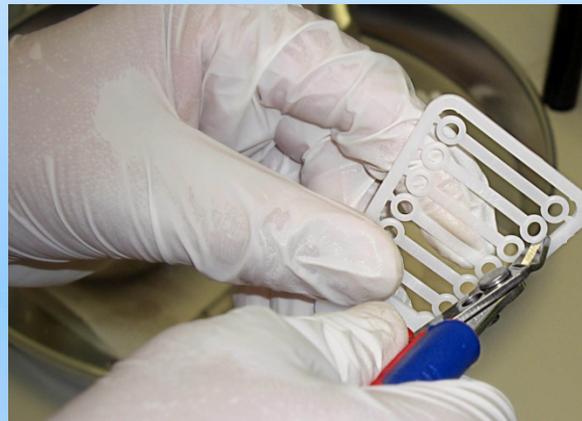
Heat the 2nd tray as described before, and place it carefully onto the lower teeth with the front marker on the front wall in a vertical alignment with the marker of the upper already fitted tray. Bite the trays firmly together for 45 to 60 seconds.

Important: The lower front teeth should also be positioned as near to the front tray wall as possible.



As described above, press the excessive still mouldable thermoplastic firmly against the teeth and gums with a finger to achieve a good grip (rf. to the user instructions). This moulding procedure should be done both on the inside and outside of the bite impression, moulding excess material to both the front and back of the teeth.

Finishing the fitting process



Choose the appropriate plastic connectors, initially aiming for no more than 30% advancement of the lower jaw. The 27 mm long strap length is ideal for those with a normal bite. Shorter connectors will provide additional advancement, longer connectors will provide less.

Cut the chosen connectors from the frame preferably by using a pair of scissors. Remove any extra residue. Ensuring the embossed number faces out, attach the pair of equally long flexible connectors to the front fixation knobs of the upper tray and the rear fixation knobs of the lower tray.



Unused fixation knobs may be removed; however, preferably after the initial trial period of wearing the appliance at night.

Final control



Fitting, maneuverability and comfort should be checked. Pay special attention to pressure points or where excess material may be making the device feel bulky. To improve comfort, a specific area of the device may be reheated and remoulded, or, if necessary, a complete refitting may be performed as described later. (Do not discard lining material trimmed away during fitting. You may need it for a later refit or corrections (rf. to the user instructions).

Improving a tray fitting

The fitting, or retention, of either tray can easily be improved with additional coverage of the incisors (long front teeth) with thermoplastic material as follows:



Once the tray has been re-heated, the moldable lining material is pushed with both thumbs towards the front edge of the device. Thus, a thin ridge of material exceeding the edge is created. When fitting the still moldable appliance, the patient bites firmly into the tray, just behind the ridge, leaving the material anterior of the teeth. The excess material is then firmly pressed against the teeth as previously described. Before trimming any excess material, maximize patient comfort by minimizing the thickness of the moldable lining material by careful local heating of the device in a warm water bath and remoulding. This procedure can be performed on either the upper or lower trays.

Getting used to and maximizing efficacy of your Somnoguard SP Soft Oral Appliance

- Start by wearing your Somnoguard SP Soft a few hours a night, and slowly build up to wearing the device for the entire night. This can often take 2-3 weeks.
- Patients often initially experience a drooling sensation, this generally quickly resolves in the first few evenings.
- As you are retraining your jaw muscles, patients often initially report minor jaw discomfort. Easing yourself into therapy will minimize this. Many physicians will suggest taking Ibuprofen; however, be sure to speak with your physician first.
- Once comfortable with the device, residual symptoms can be addressed by additionally advancing the device in 2mm increments, by changing the attached straps to the next shorter version. Conversely, too much advancement can be mitigated by changing to longer straps.

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