



## SomnoGuard® SP Soft

### Custom Fitting Instructions

Simple two Step Procedure performed in 10 minutes.



## 1. Fitting of Upper (Maxillary) Tray

- Place one of the two identical trays in a boiling water bath for 3½ minutes.
- Remove upper tray from bath and allow to cool for 15 seconds.
- Position tray on upper teeth with the incisors proximate to the forward edge of the tray.
- Press the bottom of the tray beginning from the front to the rear with your thumbs and forefingers firmly against the teeth, and close lower jaw firmly against upper tray.
- Press the excessive still mouldable thermoplastic behind the teeth firmly against the teeth and gums at the front and the interior side of the mouth to achieve a good grip (rf. to Fig. 1 and 2).
- Keep the oral appliance for another 30 seconds in place before removing the upper tray carefully in a vertical direction by the rigid shell out of the mouth.
- For optimization of retention and comfort the still warm and moldable thermoplastic extending beyond the rigid edges of the tray should be firmly pressed in a thin layer against teeth and gums (rf. to Fig. 1 to 3).
- Leave protruding material at the interior up to 3 to 5 mm (rf. to Fig. 3; [2]).
- Do not trim off excess lining beyond the last molar. There, the excess lining should be flat along the bottom surface of the rigid tray (rf. to Fig. 3; [3]).
- Polymeric residues must be thoroughly removed from the tray gliding areas.



Fig. 1: Pressing still moldable material against front teeth



Fig. 2: Pressing excessive moldable polymer against gums

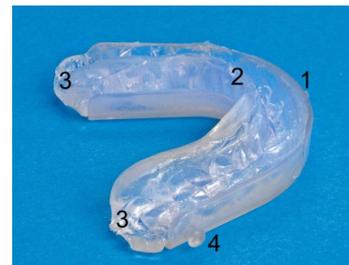


Fig. 3: Lower jaw tray

## 2. Fitting of Lower (Mandibular) Tray

- Place second tray in a boiling water bath for a minimum of 3½ minutes.
- Remove lower jaw tray from bath and allow to cool for 15 seconds.
- Position fitted upper tray onto obtained upper jaw's impression when the lower tray cools down. Do not use any connectors at this stage!
- Position lower teeth as close to the front of the tray as possible while ensuring appliance is properly aligned and bite down.

- Press excessive thermoplastic behind the lower teeth firmly against teeth and gums at the interior side of the mouth to achieve a good grip (rf. to Fig. 1 and 2).
- Keep device for another 30 seconds in place to allow copolymer to set, remove tray carefully in a vertical direction by the rigid shell out of the mouth.
- Do not trim off excess lining beyond the last molar. There, the excess lining should be flat along the bottom surface of the rigid tray (rf. to Fig. 3; [3]).
- Attach to each side a pair of equal flexible connecting straps at the front fixation knobs of the upper tray and the rear fixation knobs of the lower tray.

### 3. Handy Tips for a perfect fit

- Polymeric residues must be thoroughly removed from the tray gliding areas.
- Assess your ability to put forward lower jaw and limit initial lower jaw protrusion to 30% of the maximum protrusion possible. When providing the initial fitting, this partial protrusion is already set with normal bite patients when using the 29 mm long straps with the embossed strap length being visible on the reverse side (rf. to Fig. 5).
- Facilitate lower jaw protrusion slowly stepwise by 2 mm increments.
- Reducing indicated strap length by 2 mm will roughly increase lower jaw protrusion by the same amount.

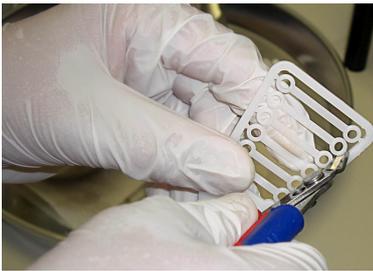


Fig. 4: Connector set



Fig. 5: Attaching connecting strap to upper jaw tray



Fig. 6: Final fitting control

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