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SomnoGuard® SPX

Mandibular Advancement Device

Custom Fitting instructions



Before fitting



After fitting

Duration	Process
60 Seconds	Place individual tray in hot (recently boiled) water bath. Hard Acrylic side down, copolymer side up. (Trays are identical for upper or lower)
60 Seconds	Remove Appliance half with strainer, allow to cool untouched for 60 seconds, shake off water
15 Seconds	Place the tray on upper or lower arch, press it against teeth with care to the centering mark, and ensure lateral margins match the contour of the patient's arch (they are flexible at this point)
15 Seconds	With a moistened gloved finger, press the copolymer of the outer and inner wall of the tray, press copolymer against the teeth, particularly in the region of the molars
15 Seconds	With a slightly forward lower jaw (so the opposing teeth don't impact the copolymer), keep the mouth closed and have the patient swallow a few times and press the copolymer on the lingual side of the teeth with their tongue, particularly in the molar region.
15 Seconds	Again, press the copolymer with your fingers at the outer and inner wall of the tray, against teeth
60 Seconds	With a slightly forward jaw, keep the mouth closed until the material has hardened
	Carefully remove the tray from the mouth vertically, assess retention, reposition and apply more pressure to copolymer against teeth only if needed
10 Seconds	Place tray in a cold water bath
4-5 minutes total required per tray	Check the fit of the tray. Repeat process with second tray on opposite arch. (Cannot be fit simultaneously) Extend turnbuckle straps to proper length to initiate therapy at normal occlusion (-3.5mm - +6.5mm) Attach straps to posts and trim any excess material and unused posts with flush cutting snips. Adjust 1mm/week until subjective efficacy achieved. Quantify with HST, titrate further as needed.
	If the fit is not perfect: -for partial correction, put the single spot of the tray in for about 10 seconds... -for a complete refit, put the whole tray in for about 60 seconds Note: The copolymer reverts almost to it's original form

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