

FOLLOW-UP/MAINTENANCE:

See your dentist at the following intervals after receiving your appliance:

Week 1: “Comfort Check.” Make any necessary adjustments for the fit and positioning.

Months 1, 2, and 3: Evaluate your teeth and the appliance to make any necessary adjustments in jaw position.

6 months: Check progress with the appliance and address any of your concerns.

Yearly: Inspect teeth and the appliance to minimize possible side effects and allow your dentist to make any necessary appliance repairs or adjustment.


This maintenance care regimen is very important. To ensure the best possible treatment with the appliance, a proper fit is essential. Regular follow-up visits ensure this.

The follow-up visits listed above are the minimum amount of visits necessary to assure the best possible treatment for you. Call your dentist for additional visits whenever you feel it may be necessary.

WARRANTY:

This appliance is custom made for ensured comfort and durability. It is warranted by the certified laboratory employed by your dentist. This is a manufacturer’s warranty and is not a claim for eliminating snoring or improving your obstructive sleep apnea. If your appliance is broken or damaged, discontinue using it and contact your dentist to have it repaired -- before you re-use the appliance.

FABRICATED BY:

 **SML**® 9129 Lurline Ave Chatsworth, CA Tel: (800) 423-3270



CAUTION: Federal law restricts this device to sale by or on the order of a dentist.

PATIENT DIRECTIONS:
ADJUSTABLE DORSAL APPLIANCE

The Adjustable Dorsal Appliance is one of the most widely used appliances for treating snoring and obstructive sleep apnea. Its two-piece construction allows for patient comfort and lateral jaw movement, while expansion screws on both sides of the upper portion are used to gradually move the jaw forward. Each appliance is custom-made for the patient by prescription only.

The Adjustable Dorsal Appliance reduces nighttime snoring and mild-to-moderate obstructive sleep apnea in adults. The appliance is worn while sleeping to support the lower jaw in a forward position prescribed by the dentist. The custom-made appliance is inserted and removed by the patient.

CONTRAINDICATIONS:

This device should not be used if you:

- Have Central Sleep Apnea (CSA)
- Have severe respiratory disorders
- Have loose teeth or advanced periodontal disease
- Are under 18 years of age
- Have few or no teeth to retain the appliance
- Have inadequate range of motion of your lower jaw
- Have myofacial dysfunction (facial pain)
- Have arthropathy of the TMJ (arthritis of the main jaw joint)
- Are undergoing orthodontic treatment
- Are undergoing dental work that requires temporary crowns

WARNINGS:

Use of the appliance may cause:

- Tooth movement or changes in the dental occlusion (bite)
- Gum irritation or dental soreness
- Pain or soreness of the jaw joint (TMJ) or facial muscles
- Increased salivation
- Loosening and/or dislodging of dental fillings or crowns.

Should any of these problems occur, discontinue use of the appliance and call your dentist.

DO NOT wear your appliance if it is broken.
DO NOT run or exercise with the appliance in your mouth.
DO NOT attempt to modify the appliance.
DO NOT share the appliance.
DO NOT attempt to pop the appliance in and out of your mouth with your tongue.
DO NOT bleach the appliance or soak in mouthwash or alcohol.
DO NOT place appliance in hot or boiling water or expose to excessive heat.
DO NOT use toothpaste to clean the appliance. It will abrade the appliance.

PRECAUTIONS:

IT IS ESSENTIAL TO UNDERGO SOME TYPE OF OBJECTIVE SLEEP TESTING (WITH A HOME SLEEP TESTING APPLIANCE OR AN OVERNIGHT-ATTENDED PSG (PolySomnoGram-diagnostic sleep test), TO EVALUATE HOW WELL YOUR APPLIANCE IS WORKING.

- Performance may be adversely affected by: weight gain, obesity, alcohol consumption, sedative use, allergies, smoking, very high altitudes, increased age, hormonal changes such as menopause, a cold, or sickness that compromises nasal breathing.
- Be sure to keep the expansion screws clean. Examine them often for signs of wear and tear. If you suspect that damage has occurred, DO NOT wear your appliance until you contact your dentist and have your appliance inspected.

INSTRUCTIONS:

Use this appliance daily during sleep. Prior to inserting the appliance, brush and floss your teeth.

INSERTION:

1. Place upper part in your mouth and gently press it upward onto your teeth with your thumbs.
2. Place the lower part of appliance against the upper part and bring your jaw forward so that you can carefully insert your teeth into the appliance.
3. Complete placement by pressing the lower part down with your forefingers to seat the appliance over your lower teeth.

REMOVAL:

1. Remove the lower part of your appliance first, using your thumbs on both sides to carefully lift it off your teeth.
2. Remove the upper part of appliance by carefully pulling down on the sides of the appliance.
3. Rinse and clean your appliance.

AFTER NIGHTTIME USE, (and removal of the appliance) you may feel that your teeth do not bite together as before. If this feeling persists for more than twenty minutes after removal, use the SML® Good Morning Positioner as described below.

- Place it between upper and lower teeth.
- Bite down slowly.
- Hold your mouth closed for several seconds.
- Repeat opening and closing until your bite feels normal.

CARE AND CLEANING:

- After each use, rinse your appliance in cold or lukewarm water.
- Gently brush all surfaces with a mild soap and soft toothbrush.
- DO NOT USE TOOTHPASTE. It will abrade the appliance.
- Once or twice a week, clean your appliance with an OAP Appliance Cleaner available from SML® (1-800-423-3270) or www.CertifiedSmile.com. Follow the manufacturers instructions.
- Gently rinse your appliance with cool clean water.
- Completely air-dry your appliance before storing.

With proper care, this appliance will last years, barring any significant changes in your teeth. Consult your dentist with questions on continuing use of this appliance.