

DENTIST INSTRUCTIONS: THE ZYPPAH “V”



ABOUT THE ZYPPAH “V”

The Zyppah V is a dual-action hybrid appliance that provides success not possible before in the treatment of snoring, mild to moderate obstructive sleep apnea, and TMD.

- Self-molded vacuum-form device advances the lower jaw – holding it forward to maintain an open airway
- Green Zyppah Tongue Band stabilizes the tongue and keeps it from obstructing the breathing passage
- Incredibly lightweight and small design ensures comfort and compliance

Each **Zyppah Patient Support Kit** Contains:

Patient Caddy (1)

Orthodontic Elastics
(1 ea of 3oz, 6oz, 8oz, 12oz, 16oz)

Green Zyppah Tongue Bands (4)

Good Morning Positioner (1)

SNAP Foam Appliance Cleaner (1) SNAP is the **ONLY** cleaner that kills 99.9% of all bacteria, fungus, viruses in **one 60-second application**.



CONTRAINDICATIONS

The device is contraindicated in the following instances:

- Central Sleep Apnea
- Severe respiratory disorders
- Loose teeth or advanced periodontal disease
- Patients under 18 years of age
- Edentulous or insufficient number of teeth to retain the device
- Inadequate mandibular range of motion
- Myofacial dysfunction
- Antrhopathy of the TMJ
- If the patient is undergoing any type of orthodontic treatment
- If the patient is undergoing dental work that requires temporary crowns.

RISKS

Use of the device may cause:

- Tooth movement or changes in the dental occlusion or bite
- Gingival irritation or dental soreness
- Pain or soreness of the TMJ or facial muscles
- Obstruction of oral breathing
- Excessive salivation
- Loosening and/or dislodging of dental fillings or crowns
- Breakage of teeth, veneers or crowns.

OFFICE PROTOCOL

Oral Health and Medical Health History Assessment:

The dentist *must* perform a complete oral health assessment as well as a medical health history assessment including;

- Full medical and dental health history
- Dental radiographs
- Clinical oral evaluation
- General patient interview

NOTE: Dentists should evaluate the medical health history of the patient – including history of asthma, breathing or respiratory disorders, other relevant health problems -- and refer the patient to the appropriate healthcare provider *before prescribing the device*.

IT IS ESSENTIAL THAT THE PATIENT BE TESTED WITH A HOME SLEEP TESTING DEVICE OR AN OVERNIGHT-ATTENDED PSG TO VALIDATE – WITH OBJECTIVE DATA – TREATMENT POSITION EFFICACY.

ALWAYS follow-up with your patient's sleep physician (and any other treating physicians) with regard to status of your mutual patient.

ASSISTANCE

Contact SML (Space Maintainers Laboratories) at 800-423-3270.

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SML - Space Maintainers Laboratories | 9129 Lurline Ave, Chatsworth, CA | 1-800-423-3270 | www.SMLglobal.com

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VISIT 1:

- 1. Check fit.** Insert unconnected appliance trays into the patient's mouth – top tray first – to evaluate fit and comfort level. The appliance should fit snugly with no discomfort or tenderness.
- 2. Check balance and bite.** Instruct the patient to bite down with appliance in place. Ask the question: “If you had to pick one side as hitting first, which would it be?” to ensure accurate evaluation.
- 3. Adjust bite accordingly.** If fit is off, dentist will need to grind the flat block bite surface to accommodate patient bite balance. Whichever touches first, grind it down using a slow-speed acrylic bur. Then smooth the surface with a polishing bur.



- 4. Connect the appliance.** Once the bite is even and the fit is snug and comfortable, remove the trays from the patient's mouth. Using the larger 3/8 (3oz) elastic bands, connect the top hooks to the lower front hooks.



Then connect the top hooks to the lower back hooks using the smaller 6oz elastics. *NOTE: At this point, the wider, Green Zyppah Tongue Band is not used to connect the appliance halves. The Tongue Band is attached during the 4th visit, if required.*



supply of latex-free bands will need to be provided such patients and they will need to be trained in the replacement process for the latex-free bands.

- 5. Insert connected appliance** into the patient's mouth. Seat the upper section first by guiding the mandible slightly forward and pushing the lower tray back into place. Check for comfort. Again ask the question, “Which side is hitting first?” If the patient indicates anything other than an even comfortable bite, remove the appliance and make the adjustment using a slow-speed acrylic bur. Smooth the surface with a polishing bur.



- 6. Instruct the patient** in use of The Good Morning Positioner (instructions provided with package).

- 7. Instruct the patient** in basic wear and hygiene procedures.

- 8. Schedule the patient** for adjustment visit (two weeks).



VISIT 2:

Evaluate patient progress (or the lack thereof). If little or no improvement is evidence and the patient still complains of snoring or dry mouth or ropy saliva, replace the rear 6oz elastics with 8oz elastics. These complaints are indicative of mouth breathing and the goal is to close the mouth with the mandible advanced. **NOTE:** Replace only the rear elastics. Front elastics remain in place.

VISIT 3:

If the patient continues to complain of snoring, dry mouth or saliva issues, replace the rear 8oz elastics with 12oz elastics. **NOTE:** Again, front elastics should remain in place.

VISIT 4:

If the patient continues to have issues, replace the rear 12oz elastics with 16oz elastics.

VISIT 5:

Should snoring persist into the 5th visit, augment the elastics with installment of the Green Zyppah Tongue Band. Leaving the front and rear elastics in place, install the Tongue Band as shown.



FOR USE WITH ZYPPAH “V” APPLIANCE:



3oz Large Elastic

6oz Small Elastic

8oz Small Elastic

12oz Small Elastic

16oz Small Elastic

CAUTION: CONTAINS LATEX. LATEX-FREE BANDS ARE INCLUDED IN YOUR ZYPPAH MASTER KIT. FOR REPLACEMENTS, CALL: 1-800-423-3270 OR VISIT www.SMLglobal.com

NOTE: While affording a viable alternative to standard latex bands for those allergic to latex, latex-free bands (lime green) lose their elasticity within a few days. Standard latex bands will retain elasticity for a period of 2-3 months. A

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