

USER INSTRUCTIONS



3DS ADVANCE 3D PRINTED NYLON

Getting The Best Results From Your Oral Appliance

Congratulations on receiving a 3D printed nylon appliance which represents the finest, most advanced technology in oral appliances for treating snoring and/or sleep apnoea. This booklet will cover all aspects of using an oral appliance including making adjustments in order to achieve the optimal results.

Expected benefits

Snoring

For some people snoring may diminish substantially on the first night of using the appliance. For most people, snoring will be present until the appliance is gradually adjusted as the jaw is brought forward to the correct position.

Unrefreshed sleep and daytime sleepiness

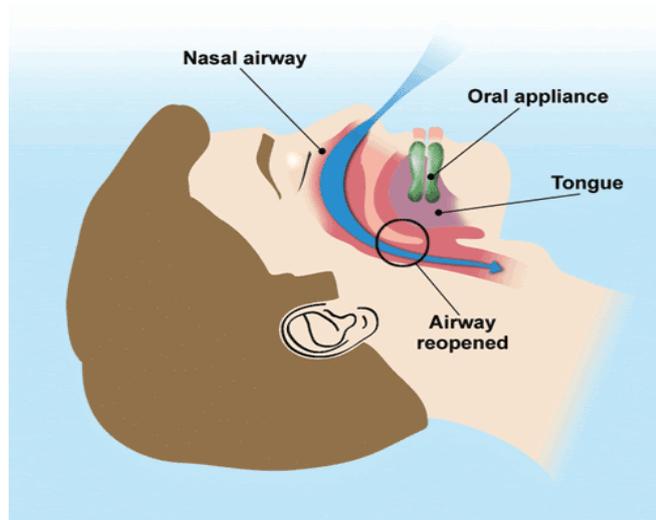
It is common for people who have suffered from snoring and sleep apnoea to have accumulated what is known as a “sleep debt”. Several nights of good quality sleep may be required (once the jaw is in the correct forward position) before you feel more refreshed with more energy. This improvement can continue over several weeks.

Breathing

If you have sleep apnoea, your partner may notice an improvement in your breathing pattern as the appliance is adjusted forward. Your breathing should be less disturbed, with a decrease in gasping, choking and pauses in breathing – if this has been a problem in the past.

Protection of teeth

Many people who snore, and have sleep apnoea, clench and grind their teeth and are unaware that they do this. Damage to teeth and dental work from clenching and grinding mostly occurs during sleep. Your appliance provides the added benefit of total protection from the destructive forces of clenching and grinding.



Adapting to your appliance

The mouth is a very sensitive part of the body and initially the appliance may feel somewhat intrusive and you may perhaps wake at some point during the night. If you wake during the night and wish to take your appliance out, feel free to do so. Don't feel like you have to push yourself in order to sleep all night with the appliance from the start. If you get an hour or two of sleep using the appliance on the first night that can be considered a good start.

For some people it is easier to build up use of the appliance over the first week, until it is comfortable in the mouth and can be worn throughout the night. The general rule is the more hours you use the appliance the easier it will get. The vast majority of people adapt to the appliance within one to two weeks such that it feels comfortable and unobtrusive in the mouth and are getting a more solid refreshing sleep. At that point most people would rather sleep with the appliance than without it!

Adjusting your appliance

Adjusting the appliance has the effect of bringing the jaw forward thereby opening the airway at the back of the throat and improving the breathing, snoring and sleep apnoea. The aim is to find the 'sweet spot' of the jaw position, and this is quite individual for each patient.

Generally the appliance is set at 50-70% of the maximum forward position of the lower jaw. For some people this is sufficient to achieve the desired results. However for most people the jaw is slowly moved forward, over several weeks, to around 70-85%. This will allow you to more easily adapt to the appliance and to minimise the potential for any side-effects.

How do you know when to stop adjusting your appliance?

a. If you snore and also have sleep apnoea

Just because the snoring has gone does not necessarily mean that all the sleep apnoea has gone. It is possible to no longer snore and yet still have a degree of sleep apnoea. The aim is to continue the adjustments until you are waking feeling more refreshed, not sleepy during the day, and no disturbances are observed with your breathing. If you have mild to moderate sleep apnoea the goal is to bring the jaw the minimum distance forward to achieve this result. If you have severe sleep apnoea, the aim will be to adjust the appliance to bring the jaw to the maximum forward position that is still comfortable.

b. If you snore but don't have sleep apnoea

If you are using your appliance just for snoring, only make an adjustment forward if there is still an unacceptable level of snoring present. There is no need to make any further adjustments once the snoring is diminished. The aim is to adjust the appliance the minimum amount that overcomes the snoring to the satisfaction of those sleeping close by. Often eliminating 80% of the snoring is sufficient to achieve this without the need to bring the jaw any further forward.

Future dental treatment

If you require any dental work in the future, please take your appliance along with you so that your dentist can ensure that new fillings are adjusted to fit in the appliance and that the fit of the appliance is not affected. Sometimes a simple adjustment to the appliance may be required.



Sleep physician consultation

If you have been diagnosed with sleep apnoea, the first stage in using an oral appliance is to overcome any signs and symptoms you may have such as snoring, tiredness, and disturbances in breathing while asleep. When this is achieved you may be referred to a sleep physician for an assessment and possible follow up sleep study while using your appliance, to objectively assess the improvement in your sleep apnoea.

Temporary side-effects

Increased saliva

In the first week or two you may notice an increase in saliva - the brain reacts as if the device is food! This is a normal response and will diminish with continued use.

Jaw discomfort

Follow the instructions you have been given for adjusting the appliance forward, however stop making adjustments if there is any tooth or jaw pain that persists beyond several hours. Jaw pain can occasionally develop within the first week or two of receiving an appliance. This can be a result of excessive clenching or bringing the jaw forward a little too quickly. Studies show that many people clench excessively during sleep in the initial period of wearing a new appliance. While this level of clenching should revert back to normal after adaptation to the appliance, there is the potential for jaw and muscle pain during this initial period.

Tooth discomfort

Some minor discomfort may be present for a short period of time following waking, which mostly diminishes over the next few days as you adapt to the appliance. If pain or discomfort is significant, and persists, stop using the appliance and call the clinic immediately – a simple adjustment may be required. You may need to leave the appliance out for a few days and reintroduce it in a more retruded position. You can then recommence adjusting the appliance forward, at a slower rate, as advised by your clinician. Occasionally a short course of anti-inflammatory medication may be required. While jaw joint problems can occur during the first few weeks of using an appliance, it usually does not recur after the initial period of use.

Removal during sleep

Some people wake and are surprised to find their appliance out of their mouth and lying somewhere nearby. This does not necessarily mean that the appliance is loose. In the initial weeks of receiving an appliance some people actually remove the appliance from the mouth while asleep and have no awareness of doing so. This problem usually disappears as you adapt to the appliance.

Temporary change to the bite

When you first remove your appliance in the morning, the bite (the way the upper and lower teeth fit together) should take less than 20 minutes to return to its usual position. For some people, the bite can take longer to return to its usual position after the appliance is removed following a night's sleep. This is usually a temporary side-effect and can be significantly helped by the use of a morning aligner which may be given to you at the fitting appointment. Another method that can help is to chew a piece of sugarless gum for 5-10 minutes, or until your back teeth are meeting.

Morning Aligner Instructions

Your dentist may have made you a device called a morning aligner which helps your bite return after the jaw has been held forward during the night. This allows the jaw joint to return to the usual position and may help reduce the occurrence of bite changes which can accompany the use of a sleep appliance. Take your appliance out in the morning, go about your normal routine, and after around 10 minutes insert the morning aligner and GENTLY bite into it. This allows the jaw to return to its usual position. GENTLY squeeze into the device over and over, 5 seconds on followed by 5 seconds of rest until you feel your back teeth touching normally.

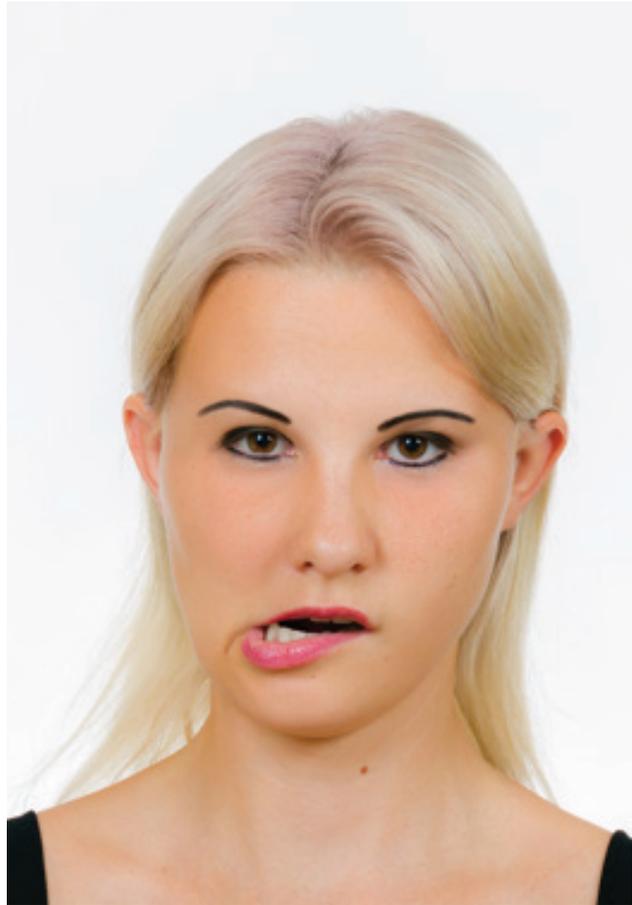
Diligent and regular use of the Morning Aligner may help prevent future bite changes.

Jaw exercises

If you are one of those people where the bite is taking more than 20 minutes to return to normal you may do the following exercises, in addition to chewing gum and using the morning aligner, to help reposition the jaw.

Exercise 1.

- a.** Slide your jaw with the largest amount of backward and forward movement for 5 seconds each way.
- b.** Finish by clenching down on the back teeth with your jaw as far back as possible for 15 seconds.



Exercise 2.

- a.** Open your jaw as wide as possible and then close it.
- b.** Open your jaw, slide to the left and then continue moving your jaw in a circular path to the closed position and squeeze your back teeth together with your jaw as far back as possible.
- c.** Open your jaw, slide to the right and then continue moving your jaw in a circular path to the closed position and squeeze your back teeth together with your jaw as far back as possible.
- d.** Repeat each exercise twice. Please contact the clinic if you are experiencing any bite changes that persist during the day.



Maintenance and home care

1. Always clean your teeth before fitting the appliance in your mouth. This removes the invisible layer of plaque which contains bacteria.
2. After removal in the morning, clean the inside and outside of your appliance DAILY with a brush using liquid hand soap, preferably a plant based brand. Once a week use the provided tablet, or powder, in cold water, as instructed, for around 15 minutes for a deep clean.
3. When storing the appliance, leave the container open. Bacteria from the mouth thrive in an environment without oxygen.
4. Avoid exposing the appliance to excessive heat, including direct sunlight, as it could cause distortion.
5. Beware of dogs - they love to chew oral appliances!

Please note

A follow up consultation review may be organised after the fitting visit. It is essential that you bring your appliance to this appointment. It is important to have any problems that may develop rectified quickly. If you allow a problem to persist, without seeking assistance, it can become more difficult to rectify.

It is your responsibility to contact us if any problems develop. It is our responsibility to organise to see you as soon as practicable if a problem develops.

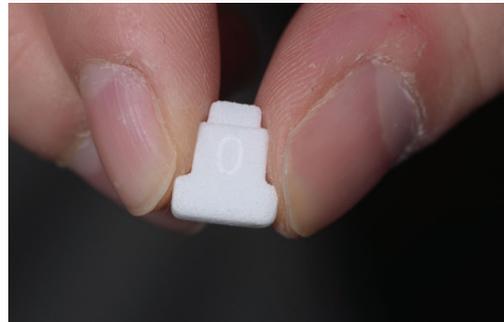
Adjusting your 3DS Advance appliance

Changing the tabs on the appliance has the effect of bringing the jaw forward, and opening the airway. Adjustment tabs are provided and are numbered from 0 to 5. The tab that comes with the device when it is fitted is 0. No 1 advances the jaw by 1mm, 2 by 2mm etc. Higher numbered tabs can be sent if needed. If you are going to change the tabs we generally recommend doing so at the rate of one tab every 1-2 weeks.

1. As instructed by your clinician, use the tool to lever out the first tab.



2. The initial tab will have the number 0 printed on the inside surface.



3. Choose, and fit the next tab based on your instructions.



Please Note

- Once the optimal jaw position has been established the appliance does need to be adjusted.
- From time to time snoring and sleep apnoea can worsen. This can be due to having a cold, excessive alcohol use, insufficient sleep or putting on weight.
- It may then be necessary to further adjust the appliance, bringing the jaw further forward.
- You should consider adjusting the appliance back again once these problems subside.
