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These are instructions on how to adjust your mandibular repositioning device:

INITIAL PLACEMENT:

1. Place your appliance tonight as directed. If you waken in the middle of the night and have trouble falling back to sleep because of the appliance, remove it and put it in a safe place. Try to wear it again the next night. Each night you will be able to tolerate it longer.

If you have pain in the joint during the night, you must reduce the amount of jaw protrusion by moving the bottom jaw back into a more normal position.

TAP & TAP 2: turn the adjustment device counterclockwise as you hold it in your hand 6 half turns

Klearway: opposite to the way the arrows point at least 6 turns.

Herbst: move the side barrels down on the right, up on the left.

(While looking from the back of the appliance-open 'U'- move barrels clockwise)

Do not wear the appliance again until the pain has completely disappeared. Eating a soft diet and use of ibuprofen will speed relief Try to wear the appliance again at the new setting. If the pain returns - contact my office.

PM Positioner: Use the wrench to rotate the hardware opposite to the arrow point (carat)

Do not advance the adjustment device until you have become comfortable enough to wear the appliance through the night. This may take 2-3 weeks after the placement of your new appliance. It may take longer in some cases. Adjustment of the appliance is necessary if there is pressure on individual teeth or one sided jaw pain.



ONCE WORN THROUGH THE NIGHT:

2. To advance the lower portion of your appliance and improve the effectiveness:

TAP 1: turn the adjustment device clockwise a half circle (flip the knob over) as you hold the upper portion in your hand with the adjustment portion facing you.

Klearway: use a wire wrench to move the hole from one rod to the other in the direction of the arrows

Herbst and Somnomed MAS: has side barrels which adjust with a wire wrench: up on the right, down on the left (Counterclockwise if you are looking from the back of the appliance) *Righty tighty / Lefty loosey:* Loose opens the screw and advances your jaw.

PM Positioner: Use the small wrench to rotate the adjustment barrels in the direction of the arrows, a half turn (Bottom to top).

Do this twice a week unless otherwise instructed.

You will continue to adjust the appliance until one of the following things occurs:

- pain
- snoring stops and you feel better
- you reach the end of the adjustment screw (7-10mm)

If pain occurs, return the appliance to the previously comfortable position and do not adjust for two weeks. Later, reduce adjustments to once a week.

If snoring stops or you feel better, try to advance your jaw another 1mm.

If you reach the end of the adjustment range with no effect, please make an appointment to be seen



You can tell that you are adjusting the appliance correctly to advance the lower jaw by:

T.A.P.1 : the small screw in the center of the adjustment device moves further out of your mouth.

Klearway and PM Positioner : the two bars which hold the screw rod move further apart

Herbst: the threaded area of the side plunger becomes more visible. This threaded area MUST be the same length on both sides of the appliance.

Other appliances:

SUAD: moves forward with small cylindrical 'shims' placed on the side 'plungers'. These are elastic and do not come off easily.

EMA: replace the rubberbands every 2 weeks with the next color / size: long /medium/ short and white (very stretchy) / yellow / blue (not stretchy) until the desired result is obtained.

Somnomed MAS: the slanted portion of the upper plastic moves forward.