

B. Gail Demko, DMD PC

Expert Advisor to the FDA Dental Products Panel

Credentialed in Oral Appliance Therapy for Obstructive Sleep Apnea and Snoring
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Date:

Dear Patient:

I have determined that the oral appliance that you are wearing to treat your obstructive sleep apnea and snoring has created a situation allowing your teeth and/or jaw to change position. This side effect of appliance use was discussed prior to fabrication of your appliance and is considered to occur in up to 10-20 % of patients using appliances on a long term basis.

I recommend that you discontinue use of your oral appliance and use alternate forms of therapy such as CPAP. Persistent use of your appliance will continue to adequately treat your obstructive sleep apnea and snoring, but the alteration in the position of the teeth and jaw may become permanent.

After cessation of oral appliance therapy, most patients will find that their teeth return to a more normal position within a few weeks. Final correction of your bite may require minor adjustment of the shape of the biting surfaces of the teeth by your dentist, or minor orthodontic treatment.

Patients who opt to continue using oral appliance therapy must be aware of the possibility of permanent alterations in their bite.

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I have read this note and have decided to:

1.Continue use of my oral appliance

Patient name

2.Discontinue use of my oral appliance and use alternative methods of treatment:

Patient name

A copy of this note will be sent to your sleep physician.