

Mandibular Advancement Splint

Instructions for use and maintenance of your new appliance

You have been fitted with a mandibular advancement splint which is designed to posture your lower jaw forward during sleep, thus holding your tongue and muscles of the floor of the mouth forward, and opening up your airway for better breathing. Once this appliance has been fitted and optimally adjusted, you should notice that any snoring you may have experienced is lessened or completely absent, and you should wake feeling more refreshed, and less tired during the day. As the appliance will posture your jaw into an unusually forward position, it is best that you allow your body some time to adjust to it.

For the first three nights of use, you should wear your appliance for three hours in the evening, after dinner, but before bed time. During this time, you should remain relatively still, ideally watching TV or reading a book. If you find that your jaw begins to hurt, then take out the appliance after one hour instead. Then on the second night, try to wear your appliance for only one and a half hours, and on night three, try to wear it for up to two hours, thus slowly building up the period of use incrementally. It is ok if it takes a week or longer to get to the point where you can wear it for three full hours with comfort. Just be sure to call us to advise that it is taking a little longer so that we can delay the date for your review appointment accordingly. During this initial period of use, you will normally notice an increase in salivation whilst wearing the appliance. This is quite normal and may persist for several weeks.

For the next four nights, you should now try to sleep half of the evening with your splint. If it is your normal course to wake during the night (to visit the bathroom etc), then take your appliance out (even if it feels comfortable) and sleep the rest of the night without the appliance in your mouth. In the unlikely event that you are experiencing continuing discomfort, please contact us for an immediate review appointment. Otherwise, assuming that your first week progressed well, you should now wear your appliance each night for the full duration of your time asleep.

Upon waking in the morning, it is normal to feel as if your jaw is a little "stiff" and postured forwards, and also normal for your teeth to feel as if they do not perfectly meet when you bring them together. This sensation should pass in 15-60 minutes. If you wake experiencing pain in your jaw, please contact us for an immediate review appointment.

After approximately two weeks of normal use, we will review you to see how you are progressing with your appliance. Please ask your spouse or partner if they have noticed any improvements in your sleeping habits (snoring, restlessness etc.), and please advise us if you are feeling better rested after your sleep. If you have not yet slept for a full night with your appliance, please telephone us to delay your review appointment. We will monitor your comfort and if possible, advance your appliance at your review appointment. We will then determine whether further review appointments are required, and report back to your Sleep Physician on your progress.

CARE FOR YOUR APPLAANCE

Your appliance must be kept clean and dry and does not need to be stored underwater (or in a glass) when not in use. You should scrub your appliance daily using soft (liquid) soap and a designated toothbrush (one will be issued to you). Do not use tooth paste or hard abrasives (Ajax etc) on your appliance. You may choose to use a denture cleaner once or twice a week to help you maintain the cleanliness of your appliance and a sample denture cleaning product has been issued to you. Some people will notice tartar and plaque accumulating on the appliance. If this happens, you may be able to remove it by soaking in a solution of 50% of water, 25% white vinegar + 25% Calgon (water softener), and then scrubbing with a toothbrush. Alternatively more frequent use of Denture cleaning products may also help. You are also welcome to leave your appliance with us for a day for professional cleaning, at no cost.

Once you have cleaned your appliance with soft soap and a tooth brush and then dried it off with a tissue, store it in the container provided with the lid ajar so it dries. With care, your appliance should last at least 3 years. You should return to see us annually for review appointments, and we will endeavour to advance your appliance further during these appointments if required. **Please, at no times should you attempt to advance your appliance yourself.**

Thank you for allowing us to assist you with your dental needs and please do not hesitate to contact us with any questions that you may have.