

# CONGRATULATIONS

on your new Medley Sleep Appliance



## PATIENT INSTRUCTIONS FOR THE MEDLEY ELASTOMERIC SLEEP APPLIANCE

The Medley Sleep Appliance is used to reduce or alleviate night time snoring and obstructive sleep apnea (OSA) for adults 18 and older.

The Medley consists of custom-fit upper and lower trays, fabricated to a model of the teeth. These trays incorporate supports for attaching add-on components. These add-on components advance the lower jaw forward, thereby opening the upper airway and reducing snoring and obstructive sleep apnea.

The Medley Appliance is custom fit. Any future dental work that changes the shape of your teeth or arch may require significant adjustment of your present appliance or a completely new appliance.

### **This appliance is not recommended for patients under the age of 18 and/or with:**

- Central Sleep Apnea
- Severe respiratory disorders
- Loose teeth or advanced periodontal disease
- Loose dental work, dentures, or other oral conditions which would be adversely affected by using dental appliances

### **Use of this device may cause:**

- Tooth movement or changes in dental occlusion (bite)
- Gum or tooth soreness
- Muscle pain or soreness
- Obstruction of oral breathing
- Excessive salivation
- Excessive dry mouth
- Loosening of teeth or dental restorations

Discontinue use of the appliance and contact your provider if you experience severe symptoms.

You should return to the provider of your Medley Appliance at least yearly, or as often as necessary, to be re-evaluated.

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1. Use the appliance with the Elastomeric strap in place, as recommended by the doctor, for one week. At this initial setting, you may not notice any change in your snoring or quality of sleep, but this adjustment period will allow you to become accustomed to wearing the appliance.
2. If snoring and daytime sleepiness continue after one week, place the next strap in the series and wear the appliance for one week again.
3. Place the next strap in the series on the appliance each week until your snoring and daytime sleepiness are gone or much improved. Your snoring should begin to diminish gradually and your sleep should be of better quality with less tiredness during the day. Each morning, your jaw and teeth will feel slightly stiff and your bite will be altered for about 30 minutes. This is normal and should subside (see AM Aligner instructions below). If you feel any muscle or joint pain that is more than slight, or lingers more than two hours in the morning, skip a few nights before continuing the nightly advancement or discontinue using the appliance altogether and call your provider. Discontinue advancing the appliance when the snoring is resolved and you are sleeping soundly, or your jaw will not comfortably advance any further. Call your provider with questions.
4. Be sure to use the exercise bite splint (AM Aligner) everyday as instructed: Wait at least 30 minutes after removing the sleep appliance in the morning. Insert the bite splint, bite into it slowly and gently squeeze your teeth tightly into it for 2 seconds, then release pressure and repeat. Do this for several minutes. It can be repeated in the afternoon if needed to restore a normal bite position. There will be an additional charge for remaking lost or damaged aligners.
5. Each morning after removing the appliance, gently brush it with a toothbrush and toothpaste or liquid soft soap, then rinse it thoroughly with water. Commercial soaking cleansers (DentaSOAK®) are available but the appliance should not be submerged in the solution for more than 10-15 minutes at a time. Place the appliance in the case provided and let it air dry all day with the lid open. Caution: keep away from dogs.
6. Be aware that the straps will become stretched and worn out after two or three weeks of use and will need to be replaced. New straps can be obtained by contacting your provider. In addition, oral appliances can wear out and break over time. Repairs may be necessary and ultimately a replacement will be needed. How long the appliance lasts will depend on how severe your jaw movements are during sleep. Most appliances will last at least 3 to 5 years.
7. Each night, check to ensure there are no loose screws by feeling the appliance base with your fingers. If so, **gently** tighten with the wrench or discontinue use and call your provider. **Do not remove the screws for any reason or place them in different holes.**
8. It is necessary for you to be evaluated periodically by your appliance provider to ensure proper fit, function, and maintenance of the appliance. Following the initial adjustment period, it is recommended you see your provider in approximately 6 months and annually thereafter. Bring your oral appliance and AM Aligner to every office visit.
9. **Warranty:** all appliances are warrantied against manufacturing defects for two years after delivery date and will be repaired or replaced at no charge to you.