

SomnoGuard® 3

Medical oral appliance to treat snoring and sleep apnoea in adults

Content: monobloc mouthpiece, wooden spatula, storage case and user instructions

It is recommended that the SomnoGuard® 3 mandibular advancement device is fitted by physicians (e.g. ENT doctors, sleep lab doctors or dentists) or their trained medical staff.

Instructions (Read instructions carefully before use)

Date of information: 01.02.2016

Description:

SomnoGuard® 3 is a prefabricated one-part mandibular advancement device made from thermoplastic copolymers. The upper part of the oral appliance is characterised by a notch (see figures 1 and 3 on the box). When heated in a hot water bath the oral appliance becomes soft and mouldable and is then fitted to the teeth of the upper and lower jaws. Once the appliance has cooled after fitting, it will show distinct impressions of the teeth over the whole of the mouthpiece. An opening in the front part of the mouthpiece allows restricted mouth breathing if necessary. However using the 2-part appliances SomnoGuard® AP or SomnoGuard® SP enables you to breathe through your mouth whenever you need to do so.

Indications:

- Primary snoring and mild to moderate obstructive sleep apnoea in adults
- Occasional use by patients with obstructive sleep apnoea instead of nCPAP when travelling according to the advice of their medical professional.

Contraindications:

If any of the following conditions exist, seek advice from a medical professional before using this appliance:

- Central sleep apnoea
- Mandibular joint disorder
- (Strong) gag reflex, larger gaps between the teeth, unstable dental crowns, decay, periodontitis
- Limited mandibular advancement. Patients with sleep apnoea should be able to extend their lower jaw forward at least 7 mm.
- Restricted breathing through the nasal passages

If the patient's dental condition appears uncertain and in case of occlusal abnormalities (e.g. crossbite, overbite, underbite) a checkup visit with a dentist is necessary and strongly recommended prior to the start of treatment.

Possible side effects:

- Initial hypersalivation which normalises with adaptation to the appliance
- Morning discomfort by temporary pain from TMJ or teeth, reducing commonly with adaptation
- Mouth dryness
- During the first days it may happen that the device cannot be kept in the mouth for the whole night. This is normal. The adaptation may take 1 to 2 weeks.

In case of any persisting or severe side effects stop using the appliance immediately and consult your medical professional.

Mode of action:

The series of SomnoGuard® oral appliances has been developed to reposition the lower jaw and thereby the base of the tongue forward. Due to the advanced lower jaw position the upper airway is wider and you can breathe more easily with the snoring sounds being reduced.

Fitting process:

Preparation:

1. The pack includes a wooden spatula. Push the spatula through the hole in the mouthpiece so that its tip protrudes out of the back by a few millimetres (see figure 1). This spatula helps you to hold the mouthpiece with your fingers while fitting.
2. First put the unfitted mouthpiece into your mouth with the spatula pointing away from your face. The upper part of the mouthpiece has a notch in it. The upper part of the mouthpiece forms the biting channel for the upper jaw, the lower part the biting channel for the lower jaw.
3. Before doing the real fitting, practise the process with cold water. Put the mouthpiece in the unheated water, as you will have to do later with hot water for the actual fitting. If you fit the device yourself practise in front of a mirror. The timing is critical. Make sure you use a watch with a second hand that you can read easily.



Figure 1: Appliance with spatula

Custom-Fitting:

1. Boil about 1 litre of water in a saucepan. The water must be deep enough to completely cover the mouthpiece.
2. Take the pan off the hob and immerse the appliance with the wooden spatula in a sloping but not vertical position. Whilst immersed in the hot water, move and turn the appliance with the spatula. People with considerable fitting experience should immerse the oral appliance for 20 to 30 seconds to achieve optimal teeth and jaw impression into the plastic. However, those who have limited or no fitting experience should immerse it in the hot water for no longer than 15 to 20 seconds as this reduces the risk of the inner and outer walls of the appliance sticking together. After heating, the mouthpiece will appear transparent. Gently feel the biting channel to check that the plastic is mouldable. In the heating process be careful that the inner and outer sides of the appliance do not stick together. If necessary take the appliance briefly out of the hot water (using the spatula) and push the sides back to their original position with your fingers.
3. Then take the mouthpiece out of the hot water with the spatula. Gently shake it to get rid of the last water drops. Wait until the temperature has cooled down for about 12 to 15 seconds, and test whether the plastic's temperature is acceptable for fitting on the back of your hand, making sure that you can still mould the mouthpiece. If you fit the device yourself use a mirror. Open your mouth wide and insert the device into your mouth using the spatula.

The notch must be at the top. First position the lower jaw in the lower channel of the mouthpiece, then the upper jaw in the upper channel. The thermoflexible mouthpiece is automatically adjusted to any dental arch width if the fitting is performed correctly.

4. Check that the spatula is secure in the opening of the mouthpiece and protrudes a few millimetres through it, otherwise the opening may close permanently during the fitting process. Move the lower jaw forward to approximately half the maximum extension possible (see figure 4 which shows the desired position). Bite the plastic hard. Be careful not to bite the borders of the mouthpiece otherwise you might ruin it. Suck in while closing your mouth and press your tongue against the lower inner surface of the front teeth under the spatula. While doing this, press on the outer walls of the mouthpiece with your fingers to make sure that it is moulded properly.



Fig. 2: Normal jaw position

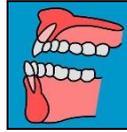


Fig. 3: Maximum jaw extension



Fig. 4: The desired position is about half maximum extension.

5. Once the mouthpiece has cooled (approx. 30 seconds), take it out of your mouth (still using the spatula) and insert it into cold water for approximately 10 seconds to fix your individual fit. If you have followed all the steps carefully and correctly the appliance will show distinct impressions of your teeth over the whole of the mouthpiece, and the border walls of the mouthpiece will not be damaged (see figure 5). Then you can be certain that the mouthpiece will lightly grip your teeth and stay in the required position during sleep.
6. Take the spatula out of the opening. Put the mouthpiece back into your mouth to check that it fits properly. Having the lower jaw extended forward should still be comfortable. If it is not, repeat steps 1 to 5. Most users get a more comfortable fit by moulding a second time. Repeating this process more than once can damage the material and thus the appliance. Note that if you refit the mouthpiece you must not leave it in boiling water for more than 15 seconds. If refitting is required, heat the upper and lower parts of the mouthpiece separately.
7. If you do not stop snoring completely, remould with your lower jaw extended a little farther forward but not at maximum extension. The mouthpiece can be refitted, however repeating this process more than once can damage the material and thus the appliance. You may have to refit the mouthpiece to reduce the advancement of the lower jaw (for example if muscular pain occurs in the joint) or to increase the extension if you still snore. Malformations and damages, for example bitten side walls, can often also be corrected and remodelled by just locally heating the device.



Figure 5: Appliance after fitting

Warnings:

- Snoring can be a symptom of breathing arrests that may contribute to serious health problems such as cardiovascular diseases. Ask for your medical professional's help to find out why you snore.
- The therapeutic effect of the oral appliance therapy should be controlled by adequate diagnostic measures quite soon after the beginning of treatment especially with those patients having breathing arrests at night due to obstructive sleep apnoea. Consult your medical professional for therapy control.
- In case of severe pain from TMJ or other persistent discomfort, stop using the appliance and consult your medical professional. He or she will then find out what may have caused this condition.
- You should visit your dentist at regular intervals if you are wearing your appliance every night.

Special notes:

- Chin supporting devices available from Tomed or your supplier will prevent the problem of waking up with a dry mouth for those nCPAP or oral appliance users who sleep with their mouth open.
- If you grind your teeth during sleep (bruxism) the life span of all SomnoGuard® appliances may be reduced considerably. If necessary consult your dentist about therapeutic alternatives especially designed for bruxists.
- **Please note the additional fitting instructions on the internet at www.tomed.com.**

Care: Brush your oral appliance every morning with a soft toothbrush and 2 to 3 drops of a wash-up liquid or a liquid (not an abrasive) denture cleaner (e.g. Curaprox "daily", available from your supplier or Tomed). Clean your device weekly with a denture cleanser to maintain a hygienic device condition (e.g. Curaprox "weekly", available from your supplier or Tomed). Do not use any bleaching solutions containing hydrogen peroxide. Your appliance would be damaged. Finally, always rinse with cold water, let it dry in the open air and keep it in the storage case provided.



The oral devices meet the requirements of Council Directives 93/42/EC and 2007/47/EC for medical products.

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