

The fitting process of SomnoGuard® AP

Hints to complement the actual user instructions



Needed accessories



Dental examination prior to treatment



Purpose: Exclusion of any contraindications such as

- Central sleep apnoea
- Mandibular joint disorder
- (Strong) gag reflex, larger gaps between the teeth, unstable dental crowns, decay, parodontosis
- Limited mandibular advancement. Patients with sleep apnoea should be able to extend their lower jaw forward at least 7mm.
- 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 check up visit with a dentist is necessary and strongly recommended prior to the start of treatment.

Fitting preparation (1/2)



The head of the 12 mm long adjusting screw should be engaged into the screw guide by about 9 mm which allows proper assembling of the upper and lower jaw trays. In this position the device roughly adopts the normal jaw position. For assembling both trays, the head of the adjusting screw needs to be engaged laterally into the C-channel of the upper tray.



Heating both upper and lower jaw trays
In boiling water helps to save your
Time considerably.

Make sure that both trays do not stick
together when boiled.

Fitting preparation (2/2)



Immerse the upper part of the appliance (i.e. the part with the guide bar or C-bar) for 3½ minutes in the boiled water. As the device heats up the thermoplastic filling will become clear and the device will rise to the surface.

Take the upper part out with gripping tongs or a pair of tweezers and allow it to cool for 15 seconds. Make sure that the temperature of the device is acceptable for fitting whilst being hot enough to allow the mouthpiece to be moulded.

Fitting of the upper tray (1/2)



Place the upper tray in a still warm and mouldable condition on the upper jaw teeth with the incisors as near to the front wall as possible. Press the bottom of the tray beginning from the front to the rear with your thumbs and forefingers firmly against the teeth. Keep the oral appliance for another 30 seconds in place before removing the upper jaw tray carefully by the rigid shell out of the mouth. If necessary, e.g. if the teeth are insufficiently locked by the lining of the tray, make a partial or complete refit by heating the tray locally or completely again in the boiling water bath.

Fitting of the upper tray (2/2)



Press the excessive still mouldable thermoplastic behind the teeth firmly against the teeth and gums at the interior side of the mouth with a finger to achieve a good grip (rf. to the user instructions).

Fitting of the lower jaw tray (1/2)



Connect the already fitted upper jaw tray with the heated, but not yet fitted lower jaw tray. Control temperature at your wrist. Put the upper tray that has been already fitted to the upper teeth and bite the plastic of the lower part firmly as deep as you can and as near to the front as possible. Press the excessive still mouldable thermoplastic before and behind the teeth firmly against the teeth and gums with a finger to achieve a good grip (please refer to next page and user instructions).

Fitting of the lower jaw tray (2/2)



Modelling excessive still mouldable thermoplastic behind the teeth and gums.

Finishing the fitting process



Cutting off any excess soft mouldable thermoplastic material beyond the edge of the rigid tray. Leave some excess material up about 2 to 4 mm beyond the edge. Do not trim off excess lining beyond the last back tooth (molar). There, the excess lining should be flat along the bottom surface of the rigid tray. With the locknut included in the pack a specific protrusion can be fixed. The locknut should then be put on the adjustment screw and fixed lightly against the housing using the spanner.

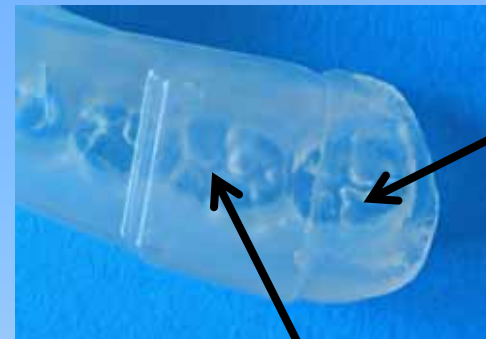
Final Control



Seat, lateral maneuverability and comfort should finally be checked. If necessary fitting should be repeated just locally or completely. Do not discard lining material trimmed away during fitting. You may need it for a later refit or corrections (rf. to the user instructions).

Possible sources of error (1/2)

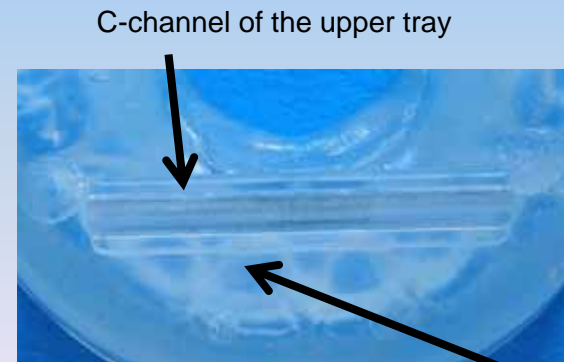
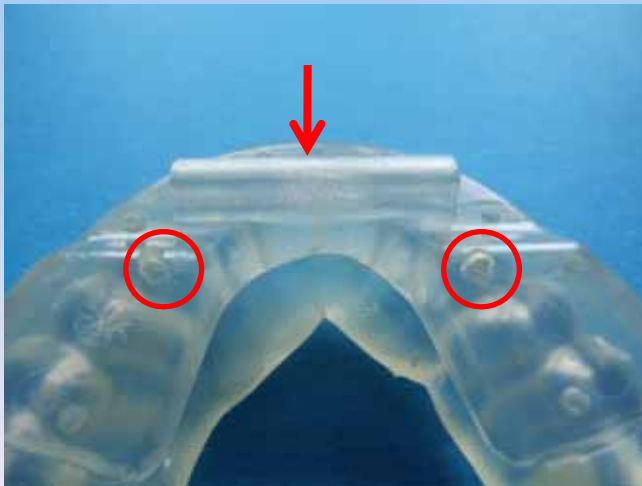
1. Beyond the last back tooth excess lining zone is not flat along the bottom surface of the rigid tray.



Required:
Flat ending zone

2. Polymeric residues not thoroughly removed from the tray gliding areas

Required: Clean gliding areas at lower and upper jaw tray areas.



Required: Clean front gliding area

Possible sources of error (2/2)

3. Adjusting screw not engaged enough into the housing of the lower jaw tray



→ Adjusting screws should always be engaged a minimum of 6 or for safety reasons even better 7 mm into the 9 mm long housing (leverage effect).

4. Possible consequences from not following closely the aforementioned steps 1 to 3



C-Schiene der Oberkieferschale



Blocking lateral movement of lateral jaw (tray), caused by a non-even ending zone at the molar area (cf. to the figure on the left or the perfect fit on next page) or polymeric residues at the surface of the tray gliding zones. If this occurs the adjusting screw may bend or cracks at the C-bar or the screw housing may become visible.

→ **If any damages become visible the appliance shall not be used any longer for safety reasons. Do not straighten by no means a bent stainless steel screw with a gripper. Only then the elastic adjusting screw may crack and break.**

A perfect fit



Lower jaw tray



Upper jaw tray



Lower jaw tray