

The fitting process of SomnoGuard® SP Soft

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



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.



Take the upper part out of the boiling water after about 3.5 minutes with a 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 the upper jaw tray



Place the upper tray 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.



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 the lower jaw tray



Heat tray as described before, and place it carefully onto the lower teeth with the front marker on the front wall in a vertical alignment with the marker of the upper already fitted tray positioned on the upper jaw teeth. Bite the trays firmly together for 45 to 60 seconds. **Important:** The lower front teeth should also be positioned as near to the front tray wall as possible.



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).

Finishing the fitting process



Choose your appropriate plastic connectors, and cut it out of the frame preferably by using a pair of scissors or side cutters. Remove any sprue residues.

Attach to each side a pair of equally long flexible connectors at the front fixation knobs of the upper tray and the rear fixation knobs of the lower tray. The 27 mm long strap length is ideal for those with a normal bite. The embossed strap length should not be visible on the reverse side (rf. to the instructions).



Fixation knobs not needed can be cut off preferably after some time of customisation of wearing the appliance at night, but not at the rather beginning.

Final control



Seat, 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).

Use of telescopic connectors (1/2)



New plastic telescopic connectors enable patients to open their mouth widely with ease whenever required and without any changes to the preset lower jaw advancement.



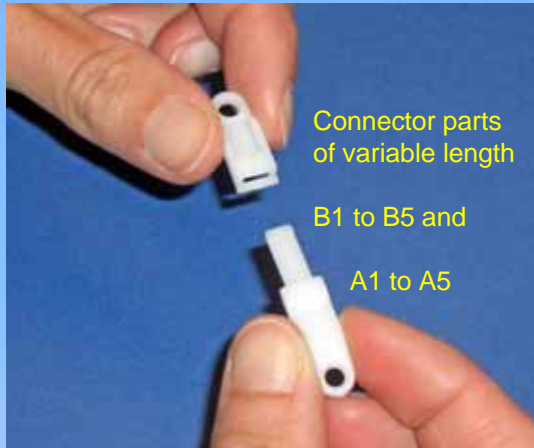
Launch planned approx. as from October 2010 with the trade names

SomnoGuard® SP Soft^{Telescope}

and

SomnoGuard® SP Hard^{Telescope}

Use of telescopic connectors (2/2)



Assembling the telescopic
components, e.g. embossed
parts A4 and B2

