

Instructions for Care and Use of the SUAD™ Device

Care and Cleaning the SUAD™ Appliance:

- Clean the appliance daily with non-whitening, non-abrasive toothpaste.
- Once per week, soak the appliance in a commercial denture cleaner (Polident, Efferdent) for no more than 20 minutes. Any other solutions used to clean your appliance may damage the material.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

DO NOT STORE YOUR APPLIANCE IN LIQUID/WATER FOR MORE THAN ONE HOUR. IT MAY WEAKEN THE APPLIANCE OVER TIME.

Insertion and Removal of the SUAD™ Device:

To insert your SUAD™ Device, place the appliance in WARM water for approximately 1-2 minutes to soften the material. The material that fits against your teeth is a thermo-molecular material that softens when heated, allowing for easier placement of the device. **DO NOT USE HOT WATER**, as this will distort the device or destroy the thermo-molecular material. Place the upper appliance on the teeth and seat it completely by pressing firmly on the right and left back portions of the appliance. Move your lower jaw forward and seat the lower portion over the lower teeth and press it into place on the right and left side using your thumbs. Close together to be certain that the appliance is seated completely.

To remove your SUAD™ Device, place your fingers on the upper borders of the upper splint and press firmly downward “rocking” the appliance from one side to the other until it releases from the teeth. Then, remove the lower splint by placing your thumbs on both sides of the appliance at the lower borders, and firmly push upwards on one side then the other to “rock” the lower appliance off the teeth. If the appliance is too rigid or retentive, try rinsing your mouth with warm water. If it requires use of warm water to remove your appliance, we will need to adjust your appliance at your next office visit to achieve easier removal.

The orthodontic elastics (rubber bands) on your appliance do not need to be replaced daily. Replace them approximately every 2-3 weeks.

Advancing the Jaw Position:

The spacers (rings) will allow you to move your lower jaw position forward which can increase the effectiveness of the device. Remove the rubber bands and pull the appliance apart so that the upper and lower portions of the appliance are separated. Begin by using the smallest spacer (red). Place the spacer on the tip (underside) of your finger. Press the spacer onto the rod and gently slide it down the rod. Repeat these steps using the same size spacer on the other side. When you are finished adding spacers to the appliance, place the right and left rods into the tubes and place the rubber bands back onto the appliance.

Preventing Changes in the Bite:

After you remove your appliance in the morning, it is common for your bite to feel different because your jaw has been forward all night. You will need to help your jaw move back to its normal position. You may notice that your front teeth contact heavily and it will be difficult to close your back teeth together. In order to prevent permanent changes from occurring in the bite, it is very important for you to do these simple exercises with the AM Positioner each morning.

Use of the AM Positioner:

- You will be using the appliance for approximately 15 minutes. During this 15 minute period, you will place the appliance over your upper teeth, then close your teeth into the indentations in the appliance, hold them for approximately 2 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.

After using the device for this 15 minute period, close your back teeth together to confirm that your teeth are contacting solidly. If not, please contact our office.

Care and Cleaning of the AM Positioner:

- Clean the AM Positioner daily with a non-whitening, non-abrasive toothpaste.
- Once per week clean the device with a commercial denture cleaner in **cool** water.
- When your appliance is not in your mouth store it dry in the case provided.
- **Do not place the AM Positioner in warm or hot water or it will warp.**

If you have any jaw pain or lingering tooth discomfort, discontinue use of the appliance and contact our office.

Important: It may take 4-8 weeks to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.