

MANDIBULAR ADVANCEMENT DEVICE INSTRUCTIONS

A MANDIBULAR ADVANCEMENT DEVICE (MAD) FOR SNORING AND OBSTRUCTIVE SLEEP APNEA IS A CUSTOM-FITTED ORAL APPLIANCE, LIKE A MOUTHGUARD, THAT PUSHES THE LOWER JAW FORWARD DURING SLEEP TO OPEN THE AIRWAY, PREVENTING SOFT TISSUES FROM COLLAPSING, REDUCING SNORING, AND FDA APPROVED TO TREAT MILD TO MODERATE OBSTRUCTIVE SLEEP APNEA (OSA) BY IMPROVING AIRFLOW.

INSTRUCTIONS FOR USE-

*****ALWAYS BRUSH AND FLOSS BEFORE PUTTING IN APPLIANCE*****

- 1) TRY TO WEAR THE APPLIANCE A LITTLE DURING THE DAY TO GET USED TO IT
- 2) IT CAN TAKE SEVERAL WEEKS TO GET USED TO WEARING AN APPLIANCE. IT IS NORMAL IT EXPERIENCE SOME SORENESS. GIVE IT TIME AND DO YOUR BEST.
- 3) IF THERE IS ANY DISCOMFORT (ESPECIALLY WITH THE JAW JOINTS), PLEASE NOTIFY SMART MOUTH DENTAL AS THE ATTACHMENTS ON THE SIDES OF THE APPLIANCE CAN BE CHANGED TO IMPROVE COMFORT AND REDUCE STRESS ON JOINTS
- 4) IN THE MORNING, IT IS IMPERATIVE TO WEAR THE **AM ALIGNER** AS INSTRUCTED. THIS WILL HELP TO ADJUST THE BITE AFTER APPLIANCE WEAR OVERNIGHT
- 5) OTHER EXERCISES SEEN BELOW CAN HELP TO REDUCE BITE CHANGES AS WELL.

CLEANING THE DEVICE-

- 1) GENTLY CLEAN WITH SOFT TOOTHBRUSH AND WARM WATER. DO NOT USE VINEGAR, BLEACH, HOT WATER, ETC.
- 2) DENTAL APPLIANCE CLEANER TABLETS CAN ALSO BE USED WEEKLY

EXERCISES-

PERFORMING STRETCHES AND EXERCISES CAN ALSO HELP TO REDUCE BITE CHANGES AND IMPROVE BITE AND JAW COMFORT IN CONJUNCTION WITH APPLIANCE WEAR.

FIND MORE INFORMATION, PHOTOS AND INSTRUCTIONS AT THE LINKS BELOW:

- [HTTPS://MYSLEEPDEVICE.COM/IMPORTANT-JAW-STRETCHES-FOR-DENTAL-SLEEP-APNEA-DEVICES/](https://mysleepdevice.com/important-jaw-stretches-for-dental-sleep-apnea-devices/)
- [HTTPS://YOUTU.BE/XBOE7RCQRLA](https://youtu.be/XBoE7RCQRLA)

