

# The Narval Difference

Did you know the Narval™ CC is designed to fit differently than any other MRD?

## Fitting Guide

Seating your first Narval™ CC case

ResMed's Narval™ CC is unlike any other mandibular repositioning device on the market. As a result, you may find that it fits differently than any other device. Unlike other devices that passively sit on the teeth, Narval CC "hugs" the teeth and feels more snug both on the model and on the patient.

**Narval™ CC**

[ResMed.com/Narval](http://ResMed.com/Narval)



# Follow the fitting guide below to ensure optimal fit and retention.

## Fitting instructions

Easy to fit and use; simply “snap and go” for a secure fit.

- 1 Clean the device and separate the splints from the connecting rods.
- 2 Moisten the device in water and position it in the patient’s mouth with the upper splint against the upper teeth.

- 3 Press firmly with your fingers on the upper splint until it is securely in place. You may hear an audible “snap” as the device engages the undercuts.



- 4 Proceed in a similar way to fit the lower splint. In some cases, it may be easier to insert the lower splint first, particularly on those cases with limited protrusive range.

- 5 To remove or reposition the device, simply use fingers evenly on both sides of the mouth to disengage the splints. Be sure to remove both sides at the same time to avoid undue force on the dentition and the splint. Do not pull or press on the connectors to adjust the position of the appliance, and instruct patients not to bite down onto the splint to insert it onto their teeth.



## NOTE

If you feel significant resistance, you may prefer to make a minor adjustment. See the adjusting guide for quick reference instructions on minor adjustments. Using the model for reference, try the device on the model to feel where you prefer a more passive fit.

## Validating proper fit

- Check the fit of each individual splint to ensure that there is no tissue blanching or sore spots.
- Ask the patient about any painful spots or excess pressure on the teeth or soft tissues.
- Check the contact surface areas for an even and balanced occlusion.

## Validating proper retention

- To relieve retention, adjust and polish the inside surface of the splint as needed, adjusting only excessive undercuts using the burs provided with your first case. Make the adjustments at low revolutions and in small increments. Contact your ResMed Dental Sleep Specialist or your dental lab with any questions.
- In rare instances when patients open their mouth, one or both splints may detach. In this case, remove the connectors and check retentions individually. If both splints are retentive separately, advise the patient to sleep with the device and review at a follow-up appointment; passive mouth-opening during sleep is uncommon as the low profile of the design promotes physiological breathing during sleep.
- For a device that is loose, your dental lab can make minor adjustments to the device to increase retention in key areas. Be sure to contact the lab for assistance. If you prefer to adjust the appliance chair-side, simply heat the side of the splint with insufficient retention with a gas heater, being sure to avoid direct contact between the heater and the splint. Pass the heat over the splint for 5–10 seconds; while wearing gloves, pinch the heated splint sides together and place the appliance in cold water for 20 seconds to hold the new shape in place. Contact your ResMed Dental Sleep Specialist or your dental lab with any questions or for gas heater product information and video directions.

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