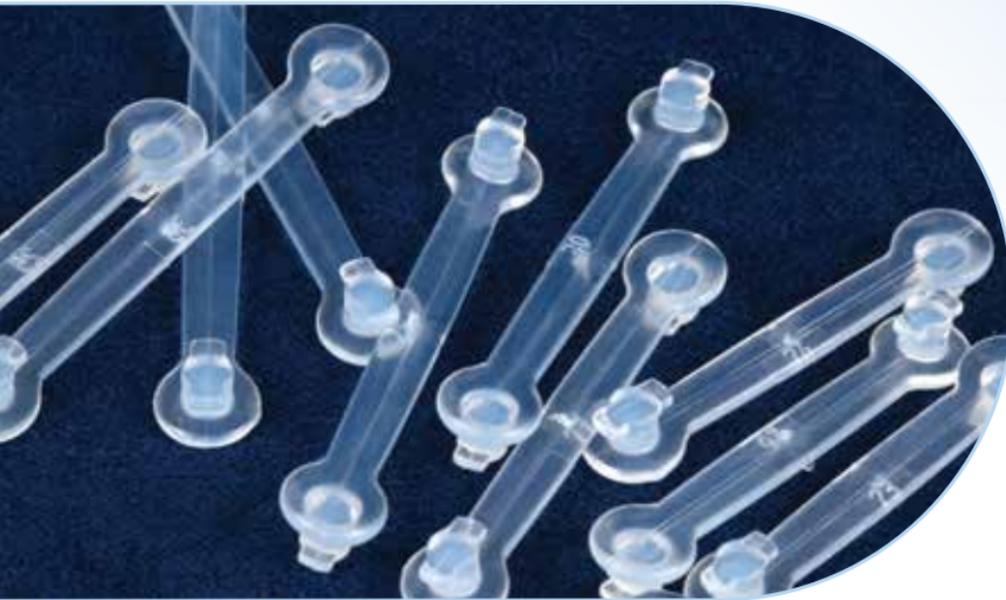




## TITRATION GUIDE



With the Narval™ CC, changing your patients' connecting rods is a quick and easy process.

**Narval™ CC**

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

# Follow these titration tips for comfortable calibration.

Titration enables you to adjust the protrusion of the device in order to find the best compromise between efficacy and comfort. However, it may not always be necessary if treatment is resolved with the initial protrusion.

- At the initial appointment, there should not be a sensation of muscle/TMJ pain. If there is, reduce the protrusion by replacing the initial connectors in place with longer connectors, until the discomfort resolves.
- Have the patient wear the device without any connecting rods for a few hours to get accustomed to the appliance without protrusion.
- At the follow-up appointments, ask the patient about symptom improvements (such as snoring frequency/intensity, fatigue, daytime sleepiness and quality of sleep).
  - If some symptoms persist, shorten the connectors by 1 mm increments and follow up with the patient in 1-2 weeks. Repeat until all symptoms are resolved.
  - If all symptoms are resolved, update your sleep specialist partner of the patient's status and MRD titration.
- For OSA patients, if a satisfactory improvement in symptoms and an objective sleep recording validation cannot be achieved post titration(s), work with your sleep specialist partner to discuss alternative treatments.

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## Please note:

*The Narval CC device is a comfortable and noninvasive MRD, but it still requires a few nights to get accustomed to its use. For detailed titration instructions, please refer to the Dental Practitioner Guide.*

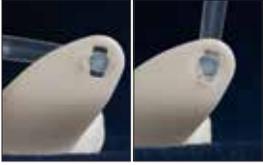
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# Changing the connecting rods



- 1 Turn the appliance so that the rods are perpendicular to the splints. The bowtie-shaped end of the connector should align with the bowtie-shaped cutout on the splint. (This is more visible on the lower).



- 2 Since the bowtie-shaped cut out is more visible on the lower, disconnect this side first. With the base of your thumb at the top of the rod (located on the triangle portion of the splint), push inward firmly to disconnect the rod from the appliance. Repeat for other side of lower tray, then both sides of upper tray.



- 3 Select the appropriate connector using the measuring guide reference card below. Adjust in 1 mm increments only (for example, from 30 to 29), as adjusting in larger increments may cause undue discomfort.

- To **increase** protrusion, use a **SHORTER** connector
- To **decrease** protrusion, use a **LONGER** connector



- 4 To re-engage the connector, hold the rod perpendicular to the splint and line up the bow tie on the rod with the cutout on the splint and simply click it into place.

## CONNECTING RODS MEASUREMENT REFERENCE CHART

Use this simple measurement guide below for a quick reference check of your desired connecting rod.

