



OrthoApnea NOA

Doctor indications of use



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These instructions contain necessary information for the doctor. They indicate how to place the device correctly on the mouth and how to carry out a detailed tracking of the patient.



Mouth placement

- The device must be sterilised in the autoclave before placing it on the patient's mouth.
- Make sure the device has been made according to the request and that it's in good condition.
- Check the dental splints:
 - Put the upper dental splint into the mouth and check the retention and the patient's comfort.
 - Put the lower dental splint into the mouth and check the retention and the patient's comfort.
- Put the dental splints together and place the whole device into the mouth.
- Check the entire device's retention. Please take into consideration:
 - If the patient feels dental pressure or excessive retention. Retouch the dental splint slightly. If you want excessive adjustment please contact OrthoApnea.
 - If the patient is having muscular or temporomandibular jaw joint (TMJ) discomfort, use the dental splint with less advancement.
- Check the upper and lower dental splints occlusion
- Explain the use and maintenance to the patient, according to the Patient's Guide.

Tracking

- Once the treatment has been started, revise every 15 days until the patient has fully adapted to the device.
 - The mandibular advancement regulation is made when exchanging the lower dental splints.
 - If the patient is having muscular or temporomandibular jaw joint (TMJ) discomfort, use the dental splint with less advancement.
 - If the patient can't rest or continues to snore, use a higher advancement dental splint.
 - If the patient has fully adapted to the device and the snoring and resting have gotten better, please execute control visits monthly, annually or when the patient reports a problem.

It's recommended to do a control polygraphy/polysomnography on the patient to verify their improvement with the device. A home polygraphy can be requested on Apneadock or via email through info@orthoapnea.com.



Bite trainer

REMINDER: To avoid occlusion or articular tension problems, remind the patient to use the biter included in the treatment box.

After using the MAD, bite the biter repeatedly and gently with all the arch, specially with molars to achieve the normal biting position.

The exercise has to be done until the patient can chew comfortably.



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