

Instructions for Care and Use of the EMA Appliance

Care and Cleaning of the Appliance:

- Clean the appliance daily with a non-whitening, non-abrasive toothpaste (Children’s toothpaste, Regular Crest or Regular Colgate, etc.).
- 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. Rinse the appliance thoroughly after cleaning.
- 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.)

Insertion and Removal of the Appliance:

Always brush your teeth thoroughly before use.

To insert your EMA, place the appliance over your upper teeth seating it completely. Then slide your lower jaw forward to fit slowly and completely into the lower portion of the appliance.

To remove your EMA start on the bottom portion of the appliance by placing your thumbs on both sides of the appliance at the lower borders, firmly push upwards toward the upper jaw on one side then the other “rocking” the appliance out of place. After the lower jaw is free from the appliance, move your fingers to the upper border and push downward off the upper teeth in the same “rocking” manner

Adjusting Your Jaw Position using the EMA straps:

Your EMA appliance comes with 5 different strap lengths. Strap #21 is the longest, and strap #14 is the shortest (placing your lower jaw in the most advanced forward position). Each strap length comes in three different levels of tension. White is the most flexible, yellow is medium, and blue is the most firm/stiff.

No adjustment of jaw position should be made during the first week after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance.

Below is the suggested schedule of strap progression:

→	→			
↓	#19 white straps for 2 nights	#19 yellow straps for 2 nights	#19 blue straps for 3 nights	
↓	#17 white straps for 2 nights	#17 yellow straps for 2 nights	#17 blue straps for 3 nights	
↓	#16 white straps for 2 nights	#16 yellow straps for 2 nights	#16 blue straps for 3 nights	
↓	#15 white straps for 2 nights	#15 yellow straps for 2 nights	#15 blue straps for 3 nights	
	#14 white straps for 2 nights	#14 yellow straps for 2 nights	#14 blue straps for 3 nights	

Find your starting strap size on the chart. Wear your EMA with these straps for 1 week. If after 1 week, you do not notice an improvement in your symptoms, change the straps to the next size listed on the chart and use them in the same sequence of white, yellow, blue straps for 1 week. Keep advancing each week until your symptoms have improved.

Monitor your snoring, daytime sleepiness and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw position as instructed above.

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 it move back to its normal position. In order to prevent permanent changes from occurring in the bite, it is very important for you to do these simple exercises each morning.

Use of the AM Positioner:

- It is recommended that you remove the nighttime appliance and wait 10-15 minutes before using the AM Positioner.
- You will be using the AM Positioner for approximately 15 minutes. During this 15 minute period, you will place the appliance over your teeth, close your teeth into the indentations in the appliance, hold them for approximately 5 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, use the AM Positioner an additional 10 - 15 minutes, and/or, 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.**

New Dental Work After Your Appliance Has Been Fit:

If you have any new crowns, bridges, implants or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

Please call our office with any questions or concerns regarding care or use of your appliance. For example, if you have any jaw discomfort or lingering tooth discomfort, discontinue use of the appliance and contact our office.

Important: It may take 2-3 months 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.

Helping people achieve quiet restful sleep.

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