

## HOME CARE INSTRUCTIONS FOR SOMNODENT AVANT ORAL APPLIANCE (OA)

Your appliance can build up debris and bacteria over time, just like your mouth. To increase the lifespan of your appliance, follow the home care instruction below.

### Night Time Routine

- **Brush** and floss your teeth before inserting your oral appliance device.
- **Before** insertion, you may rinse the device in cool water for comfort (optional).
- Insertion: Insert the device in your mouth by holding the upper and lower segments together and gently using your fingers to push down the lower plate onto your teeth.
- Once secure, push the upper plate onto your teeth or bite down into it.
- We encourage you to try using the bands (if provided) after you are comfortable wearing the device, especially if your mouth drops open or you find yourself with a "dry mouth."
- **Sleep!** Applying a lip moisturizer may increase comfort.

### Morning Routine

- Using a toothbrush, **brush** all sides of the device with mild liquid soap.
- ~ Brush the strap and rubber bands (if attached). Rinse well.
- ~ Avoid putting toothpaste and mouthwashes directly onto the device.
- ~ Never use hot or boiling water. Ultrasonic cleaning is not recommended.
- **Store** the OA in the box provided with the lid open when not in use to air dry the device.
- **Realigner:** If you have been given a morning realigner (usually at the 2nd visit) to use after removal of your device, wear it in the morning for 10-15 minutes or longer if necessary OR as directed. You may brush the realigner with toothpaste and cold water when time allows.

### Other:

- For extra OA cleaning, use SomTabs Or Polident type denture-retainer cleaning tabs for 15-minute increments up to twice weekly.
- You may drink only **water** while the device is in place. Avoid all other beverages.
- Discoloration of the device is normal over time.
- **Pets:** Do not leave the device where your pet can reach it.
- **Temperature:** Avoid leaving your OA for an extended period of time in extreme hot/cold conditions.
- **Air Travel:** It is advised your OA is stored in carry-on luggage or with other valuables.

### Long term goal for oral appliance wear:

Your long-term goal should be to wear the oral appliance for the entire night of sleep on consecutive nights with minimal or NO discomfort (unless directed otherwise). It is common to experience a small level of adjustment to meet this goal. For some, it may take a couple of nights or several months before introducing adjustments.

### Short term goals:

**Goal 1:** Learn to insert, remove and properly clean your OA.

**Goal 2:** Learn to make it through one entire night with minimal or no discomfort. You may need to build up to this over time. If you have prolonged discomfort during or after use stop wearing the device and start again after all discomfort is gone. If discomfort is still present at night from the previous night's use, do not wear and skip a night.

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**Goal 3:** After 1 successful night of wear with minimal or no discomfort, your next goal is to get to 3-4 nights of regular usage with minimal or no discomfort.

**Goal 4:** Become familiar with the adjustment of the device if you are comfortable wearing it but still experiencing apnea symptoms such as snoring, poor sleep or daytime sleepiness.

**Do NOT adjust your device if all symptoms (snoring, day sleepiness, poor sleep) are gone unless directed.**

Once you are comfortable with general wearing but still have noticeable apnea symptoms, it's time for you to advance your device.

## **HOW TO ADJUST THE SOMNODENT AVANT ORAL APPLIANCE**

To see a quick video on advancing this device go to **My Sleep Device's RESOURCE** page

<https://mysleepdevice.com/patient-resources/> and scroll down to **Patient and Technician Videos**, then scroll to **SomnoDent AVANT Sleep Appliance: Advancing & Cleaning Tips**.

### **Steps for adjusting your oral appliance:**

1. Remove current strap: Open the 2 plates far apart and twist the strap up until it is upright. With the strap upright, pull the right strap off the strap hole. Repeat on the left side. Slide strap around until the white part of the strap is in line with the strap clip towards the middle. Pull the strap off.
2. Obtain the next strap up by looking at the number on the strap. Hold the upper plate and press the white part of the strap into the strap clip. Slide the strap until the center is inside the strap clip. Hold the strap upright and press both the right and left strap holes on the lower segment. Twist the strap down so that the upper and lower segments meet.
3. Once you are comfortable wearing the current strap (usually a week or so), you may advance to the next strap up if you are still experiencing snoring, daytime sleepiness, or poor sleep.

**NOTE:** If the original strap causes continued discomfort you may put on the “minus 1” strap which will make your jaw less protrusive or less forward.

**STOP** changing straps if one of the following occurs:

1. **PAIN** – if pain occurs, you may need to skip a night or if comfort doesn't increase you may need to return the appliance to the previously comfortable position.
2. All symptoms resolve and you “believe” it to be working well.
3. You run out of straps without improvement.

***Important: It is important to return to your oral appliance dentist to verify the device is working beyond symptom relief. In many situations, the device may need further advancements to eliminate oxygen desaturations/apnea events.***

See additional flyer for **sleep log** and **7 Habits of successful long-term oral appliance users**.

***For further guidance or questions contact your sleep apnea dentist.***

All material is intended to be of a general educational nature only and should not be substituted for medical advice. Users should seek oral appliance therapy guidance from professionally qualified physicians and dentists.

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