

## **HOME CARE INSTRUCTIONS FOR SOMNODENT FUSION 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 instructions 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:** Seat the upper tray first and then seat the lower tray onto your teeth. Do not “force bite” your appliance into place.
- We encourage you to try using the bands 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**

- **Brush** all sides of the device with mild liquid soap (ex. Dawn, Palmolive, etc.)
- ~ Brush the advancing mechanism 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 device in the box provided with the **lid open when not in use to air dry.**
- **Realigner:** If you have been given a morning aligner to use after removal of your device, wear it in the morning for 10-15 minutes or longer if necessary, OR as directed. 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 device in extreme hot/cold conditions/vehicles.
- **Air Travel:** Pack your device with other valuables or carry-on luggage.

### **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 Oral Appliance.

**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.

**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 (advancement) of the device if you are comfortable wearing it but are still experiencing apnea symptoms such as snoring, poor sleep or daytime sleepiness.

**Do NOT adjust your device if all symptoms (snoring, daytime 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 FUSION 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 FUSION Sleep Appliance: Advancing & Cleaning Tips

**If you have had minimal to no discomfort and are still having apnea symptoms, you may start with exchanging the wings to the next pair # up. L-wings correspond to the left side. R-wings correspond to the right side. You may continue to do so once per week.**

**If discomfort starts or you feel you need a smaller increment, start advancing the expansion mechanism. Advance 2-5 turns every 3-4 nights until symptoms have been eliminated (snoring, excessive daytime sleepiness, morning headaches, etc.)**

**STOP advancing the device 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 reach the end of the advancement range of 9mm (3mm of wings and 6 mm of expansion screw) with no effect.

**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 flyers for a [sleep log](#) and [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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