

EMA

Elastic Mandibular Advancement

Impact Dental Laboratory
www.impact-dental.com

The Elastic Snoring and Sleep Apnea Appliance — Patient Instructions

You will notice an increased flow of saliva when wearing the EMA appliance in the beginning, which will soon subside.

You may also initially experience tooth soreness, and jaw muscle fatigue due to clenching the teeth as well as pulling the lower jaw forward. This occurrence is normal, and will subside as your mouth becomes accustomed to the appliance. If one or two teeth are extremely sore, or if the gums become sore, you should call your dentist's office.

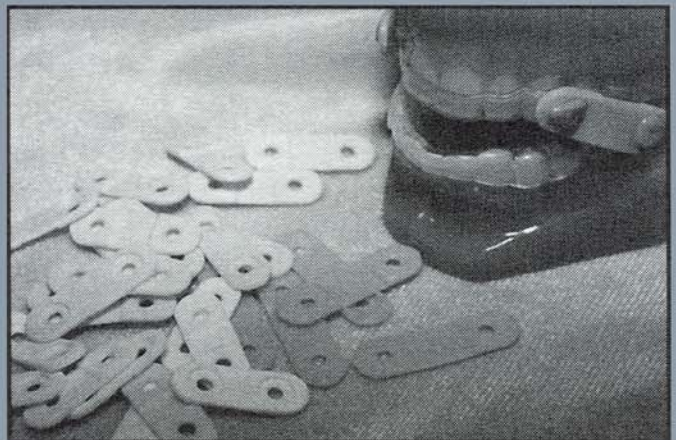
If your temporomandibular joint (left, right, or both) are painful, you should contact your doctor's office. If straps inserted in the office do not adequately solve either apnea or snoring, shorter or firmer straps on the appliance may be inserted after three to five nights. Ask your dentist for additional straps.

When you find the optimum position on the appliance, you should notify your doctor of the strap size and colour used. This information will allow your dentist to provide you with new supplies as they are needed.

Some patient's jaw muscles relax quickly and allow weeks or even months between the changing of straps. Other patients stretch the straps in one week, or less, especially in the first month or two.

You are encouraged to clean the appliance every morning with cold or body temperature water, or with toothbrush and paste. If a white film begins forming on the appliance, it may be soaked in a denture cleaning solution such as Polident or Efferdent. The straps can be left on during the cleaning process. Do not place the appliance in mouthwash.

You should contact your dentist if the appliance is too loose and detaches too easily. The appliance may be broken if it comes off during sleep and you bite down.



The elastic straps are the key to the success of your appliance. Take note to determine the best strength and size that fits you.