

# TYPES OF ORAL APPLIANCES

The most effective oral appliances currently in use are mandibular advancement devices (MAD).

## MANDIBULAR ADVANCEMENT DEVICES

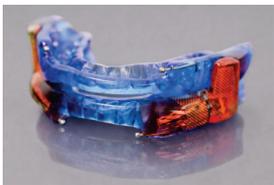
- Custom-made for each patient
- Made of a special acrylic or nylon material
- Fit snugly but comfortably over the upper and lower teeth
- Holds the lower jaw slightly forward to open the airway and restore normal breathing during sleep
- Have a built-in adjustment mechanism that allows gradual advancement of the jaw to help achieve optimum effectiveness
- All mandibular advancement devices used in our office are FDA approved for snoring and obstructive sleep apnea.

## APPLIANCES USED IN OUR OFFICE

The Snoring and Sleep Apnea Dental Treatment Center is unique in that we use ten different oral appliances. The choice of appliance to be used for each patient is based on many factors, including severity of the apnea condition, patient's bite and jaw structure, size of the tongue and soft palate, presence of tooth clenching or grinding, jaw range of motion, health of teeth and gums, and many others.

Our doctors bring more than 40 years of experience and expertise in dental sleep medicine to the process to help guide the patient to an appliance choice that will be most comfortable and effective for them. As the science behind the use of these devices grows, appliance choices continue to evolve. Currently, the doctors in our office work with the following appliances:

## CUSTOM-MADE MANDIBULAR (JAW) ADVANCEMENT APPLIANCES



### Dorsal

The Dorsal appliance can be made of a hard acrylic or an acrylic material that has a softer inner lining. It is specifically designed with separate upper and lower portions for easier placement and removal. There is a wing on the lower portion and an acrylic block on the upper portion that encases a screw mechanism for easy advancement. This is a good choice for patients with smaller mouths or narrower dental arches and is a comfortable and effective choice for sleep apnea.

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## Herbst

The Herbst appliance is made of either a heat-sensitive or hard acrylic material and has a piston-type (post within a tube) screw mechanism along the sides of the device. It allows good freedom of movement of the jaw in all directions. It is durable and effective in treating sleep apnea and is a preferred choice for patients who want to be able to move their jaw easily during the night. This appliance also can be made in “Micro” version.



## Panthera

The Panthera is made of a nylon material that allows it to be one of the thinnest and lightest appliances available. It has plastic straps that connect the upper and lower portions and has no metal components. It allows for good jaw movement, is effective for treating sleep apnea.



## Nylon EMA

The Serena EMA is made of a nylon material that is thinner, but still relatively durable. The appliance fits over the upper and lower teeth and the jaw position is held slightly forward by flexible straps that are connected to it. Straps of different lengths and flexibilities allow for advancing the jaw position gradually and they allow freedom of movement of the jaw. In our office we tend to use this device for patient with primary snoring or mild-moderate OSA.



## Elevate

The Serena Elevate is made of a thinner nylon material that fits over the teeth and has an L-shaped channel on the sides of the upper and lower portions of the device that interconnect to hold the jaw slightly forward. The patient receives 6 units that have the L-shaped channels positioned in a way that allows for mixing and matching these units to gradually advance the jaw position. This device is effective in treating snoring or sleep apnea.



## EMA

The basic EMA is made of thinner acrylic material that fits over the teeth and the upper and lower portions are connected by flexible straps. Straps of different lengths and flexibilities allow for advancing the jaw position gradually and they allow freedom of movement of the jaw. In our office, we tend to use this device in patients with primary snoring and milder sleep apnea conditions.

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## EVO

The EVO is an all-acrylic (no metal) appliance that has wings on the upper and lower portions that are positioned against each other to hold the lower jaw forward. The patient receives 4-6 units that have the wings positioned in a way that allows for mixing and matching these units to gradually advance the jaw position. This device is an effective option for treating sleep apnea.



## Dream TAP®

The Dream TAP is made of a material that has a hard outer shell and softer inner lining. It has a hook and screw on the front of the lower portion and the hook attaches to a wire on the upper portion that connects the appliance together. Since the screw mechanism is on the front of the device, the appliance can be advanced while in the mouth by using a small key. It is effective in treating sleep apnea.

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