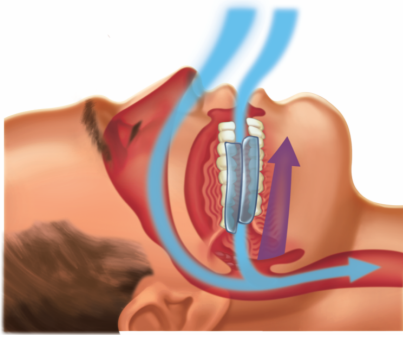


ORAL APPLIANCE THERAPY



Courtesy of Dental Services Group

An oral appliance is a small acrylic device that fits over the upper and lower teeth or tongue (similar to an orthodontic retainer or mouth guard). This device slightly advances the lower jaw or tongue, moving the base of the tongue forward and opening the airway. This improves breathing and reduces snoring and apnea. The appliance is fabricated and customized for each patient by a dentist with advanced training in the treatment of snoring and sleep apnea. The appliances are comfortable and well tolerated by the patients. They are easy to place and remove, easy to clean, and are convenient for travel.

INDICATIONS FOR ORAL APPLIANCE THERAPY

Board certified sleep medicine physicians and dentists suggest that an oral appliance is indicated as a first treatment of choice for patients with primary snoring, mild obstructive sleep apnea (OSA), or patients with moderate OSA who prefer the appliance to CPAP. It is recommended as a second treatment option for patients with severe sleep apnea who cannot tolerate CPAP.

Oral appliance therapy is indicated for:

- Primary/heavy snoring
- Mild or moderate sleep apnea and certain cases of severe OSA
- Poor tolerance of CPAP
- Failure of surgery
- Use during travel
- In combination with CPAP

POSSIBLE SIDE EFFECTS OF ORAL APPLIANCE THERAPY

There are a number of temporary side effects that may be noticeable during the first few weeks and may require minor adjustment of the appliance by the dentist. These include:

- Tension in the jaw
- Sore teeth or gums
- Excessive salivation or a dry mouth
- Temporary change in the bite (when appliance is removed in the morning)
- Noises in the jaw joint (TMJ)

© 2019 Snoring and Sleep Apnea Dental Treatment Center

ORAL APPLIANCE THERAPY

The potential side effects that can be more problematic include:

- Jaw muscle or joint pain
- Permanent changes in the bite
- Slight movement of teeth
- Loosening of dental restorations (crowns, bridges, etc.)

From the research evidence and our clinical experience, jaw muscle and joint pain occur in approximately 10% of patients and the pain will disappear when the patient discontinues use of the appliance. If an episode of jaw pain does occur, balancing and adjusting the appliance will usually resolve the problem and patients will be able to resume comfortable use of the appliance. However, soreness or pain is not an issue for 90% of patients. Changes in the bite or slight tooth movement can occur as well. Although the changes may be slight, it may still be difficult for the patient to close their back teeth together, which may have an effect on their ability to chew effectively. The loosening of dental restorations occurs very infrequently (0.1% of the patients) but is still worth noting.

© 2019 Snoring and Sleep Apnea Dental Treatment Center



Two locations for your convenience
7225 Ohms Lane, Suite #180, Edina, MN 55439
or
3348 Sherman court, Suite 202, Eagan, MN 55121

P: 952-345-0290
F: 952-920-0105

