

Instructions for Care and Use of the ProSomnus IA[®] Device

Care and Cleaning of the Appliance:

- Clean the appliance daily with a toothbrush and gentle liquid soap.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it.)

Insertion and Removal of the ProSomnus IA Device:

Always brush your teeth thoroughly before use.

To insert your ProSomnus IA, place the upper portion (U0) in your mouth, press up on the upper portion with both thumbs to ensure that it is seated securely on your upper teeth. Place the lower portion (L0) in your mouth. Press down on both sides of the lower portion using your forefingers to ensure it is seated securely on your lower teeth. Once the upper and lower portions are securely seated, bring your lower jaw slightly forward to allow the repositioning posts to engage. Slowly, bite down to bring your lower jaw into a closed position and allow your lips to close over the appliance.

To remove your ProSomnus IA, always remove the lower portion first. Place your thumbs on the lower edge of the appliance on both sides and gently push the lower portion upward in a rocking motion to remove it. To remove the upper portion, place your fingers on the edge of the device and gently pull down in a rocking motion.

Adjusting Your Jaw Position with the ProSomnus IA Device:

We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time by changing the upper and lower appliance units to improve the effectiveness of the device and maintain the comfort of your jaw and teeth. Your ProSomnus IA Device comes with several different combinations of appliance units.

Listed below is the sequence of appliance units to use:

4 Series appliance units

Step 1. Upper 0 Lower 0

Step 2. Upper 0 and Lower 1

Step 3. Upper 2 and Lower 0

Step 4. Upper 2 and Lower 1 appliance units

You will begin with the step 1 appliance units. You will wear these appliance units for at least one week to allow your jaw and teeth to become comfortable with the device in place at night. Monitor your snoring, daytime sleepiness, and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw by changing to the step 2 appliance units, and then monitor your symptoms for 1 week. If after one week the symptoms continue, advance the jaw by changing to the step 3 appliance units, and proceeding similarly to step 4, if needed. Additional appliance units will be available if further jaw advancement is indicated.

Preventing Changes in the Bite:

After you remove your appliance in the morning, it is common for your bite to feel different because your jaw has been forward all night. You will need to help it move back to its normal position. In order to prevent permanent changes from occurring in the bite, it is very important for you to do these simple exercises each morning.

Use of the AM Positioner:

- It is recommended that you remove the nighttime appliance and wait 10-15 minutes before using the AM Positioner.
- You will be using the AM Positioner for approximately 15 minutes. During this 15 minute period, you will place the appliance over your teeth, close your teeth into the indentations in the appliance, hold them for approximately 5 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.
- After using the device for this 15 minute period, close your back teeth together to confirm that your teeth are contacting solidly. If not, use the AM Positioner an additional 10 - 15 minutes, and/or, please contact our office.

Care and Cleaning of the AM Positioner:

- Clean the AM Positioner daily with a toothbrush and gentle liquid soap.
- When your appliance is not in your mouth store it dry in the case provided.
- **Do not place the AM Positioner in warm or hot water or it will warp.**

New Dental Work After Your Appliance Has Been Fit:

If you have any new crowns, bridges, implants or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

Please call our office with any questions or concerns regarding care or use of your appliance. For example, if you have any jaw discomfort or lingering tooth discomfort, discontinue use of the appliance and contact our office.

Important: It may take 2-3 months to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.

Helping people achieve quiet restful sleep.