

FOLLOW-UP/MAINTENANCE VISITS:

See your dentist at the following intervals after receiving your appliance:

Week 1: "Comfort Check." Make any necessary adjustments for the fit and positioning.

Months 1, 2, and 3: Evaluate your teeth and the appliance to make any necessary adjustments in jaw position.



ELASTIC PLACEMENT:

Place the elastic on the hook in the upper cuspid area of the appliance down around the lower retention screw as shown in this photo. Your dentist will demonstrate this procedure as needed.

ADJUSTMENTS MADE BY DENTISTS OR PATIENT
IMPORTANT

The Herbst expansion screw requires one quarter turn in direction of arrow etched on hinge. Each quarter turn equals .01 mm, 10 quarter turns equal 1mm advancement. Please note: All SML Herbst appliances are pre-activated 2mm.



Level of titration may be measured by laser etched millimeter ruler on the adjustment key



ELASTIC PLACEMENT:

Place the elastic on the hook in the upper cuspid area of the appliance down around the lower retention screw as shown in this photo. Your dentist will demonstrate this procedure as needed.



Item # 63250TAS



CAUTION: Federal law requires a written prescription, signed by a licensed medical professional.

PATIENT INSTRUCTIONS:

ADJUSTABLE HERBST - TURNBUCKLE HEX ACRYLIC

The **Adjustable Herbst Appliance** is one of the most widely used choices for treating snoring and obstructive sleep apnea. Its two-piece construction allows for comfort and lateral jaw movement, while adjustable tubes on both sides of the upper portion are used to gradually move the lower jaw forward. Each appliance is custom-made by prescription only.

The Appliance reduces nighttime snoring and mild-to-moderate obstructive sleep apnea. It is worn while you sleep in order to support your lower jaw in a forward position prescribed by the dentist. In the event that you tend to sleep with your mouth open, the dentist may recommend that you use vertical elastics as shown on page 5, in order to keep your upper and lower arches together.



FABRICATED BY:
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RISKS

This device should not be used if you:

- Have Central Sleep Apnea (CSA)
- Have severe respiratory disorders
- Have loose teeth or advanced periodontal disease
- Are under 18 years of age
- Have few or no teeth to retain the appliance
- Have inadequate range of motion of your lower jaw
- Have myofascial dysfunction (facial pain)
- Have arthropathy of the TMJ (arthritis of the main jaw joint)
- Are undergoing orthodontic treatment
- Are undergoing dental work that requires temporary crowns

WARNINGS

Use of the appliance may cause:

- Gum irritation or dental soreness
- Pain or soreness of the jaw joint (TMJ) or facial muscles
- Increased salivation
- Loosening and/or dislodging of dental fillings or crowns.

NOTE: A small percentage of patients actually increase their number of apneic and hypopneic events when using an oral appliance. **Should any of these problems occur, discontinue use of the appliance and call your dentist.**

PRECAUTIONS:

IT IS ESSENTIAL TO UNDERGO SOME TYPE OF OBJECTIVE SLEEP TESTING (WITH A HOME SLEEP TESTING APPLIANCE OR AN OVERNIGHT-ATTENDED PSG (PolySomnoGram-diagnostic sleep test) TO EVALUATE HOW WELL YOUR APPLIANCE IS WORKING

Performance may be adversely affected by: weight gain, obesity, alcohol consumption, sedative use, allergies, smoking, very high altitudes, increased age, hormonal changes such as menopause, a cold, or sickness that compromises nasal breathing.

INSTRUCTIONS

Use this appliance daily during sleep. Prior to inserting the appliance, brush and floss your teeth

INSERTION:

1. Place upper part in your mouth and gently press it upward onto your teeth with your thumbs.
2. Place the lower part of the appliance against the upper part and bring your jaw forward so that you can carefully insert your teeth into the appliance.
3. Complete placement by pressing the lower part down with your forefingers to seat the appliance over your lower teeth.

REMOVAL:

1. Remove the lower part of your appliance first, using your thumbs on both sides to carefully lift it off your teeth.
2. Remove the upper part of the appliance by carefully pulling down on the sides of the appliance.
3. Rinse and clean your appliance.

AFTER NIGHTTIME USE, (and removal of the appliance), you may feel that your teeth do not bite together as before. If this feeling persists for more than twenty minutes after removal, use the SML® Good Morning Positioner as described below.

- Place it between upper and lower teeth.
- Bite down slowly.
- Hold your mouth closed for several seconds.
- Repeat opening and closing until your bite feels normal.
- Insert daytime-wear appliance.

CARE AND CLEANING:

- Be sure to keep your appliance trays clean. Examine them often for signs of wear and tear. If you suspect that damage has occurred, DO NOT wear your appliance until you contact your dentist and have your appliance inspected.
- After each use, rinse your appliance in cold or lukewarm water.
- Gently brush all surfaces with a mild soap and soft toothbrush.
- DO NOT USE TOOTHPASTE. It will abrade the appliance.

- Once or twice a week, clean your appliance with an Appliance Cleaner available from SML® (1-800-423-3270) or www.CertifiedSmile.com. Follow the manufacturers instructions.
- Gently rinse your appliance with cool clean water.
- Completely air-dry your appliance before storing.

DO NOT wear your appliance if it is broken.
DO NOT run or exercise with the appliance in your mouth.
DO NOT attempt to modify the appliance.
DO NOT share the appliance.
DO NOT attempt to pop the appliance in and out of your mouth with your tongue.
DO NOT bleach the appliance or soak in mouthwash or alcohol.
DO NOT place appliance in hot or boiling water or expose to excessive heat.
DO NOT use toothpaste to clean the appliance. It will abrade the appliance.

With proper care, this appliance will last years, barring any significant changes in your teeth. Inspect your appliance regularly. If you notice any chipping or cracking in the appliance, or the clasps are bent (or it seems to fit differently) see your dentist as soon as possible to repair or replace the appliance. These changes could effect its proper functioning and or safety. Consult your dentist with questions on continuing use of this appliance

STORING:

Always dry the appliance completely before storing. Place it in a dry plastic case whenever it is not in your mouth. Keep your appliance so that family pets cannot reach it.

WARRANTY:

This appliance is custom made for ensured comfort and durability. It is warranted by the certified laboratory employed by your dentist. This is a manufacturer's warranty and is not a claim for eliminating snoring or improving your obstructive sleep apnea. If your appliance is broken or damaged, discontinue use and contact your dentist to have it repaired -- before you re-use the appliance.