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DENTIST GUIDELINES

DENTIST DIRECTIONS FOR USE

INTRODUCTION OF THE POD®

The POD® is a custom fit, laboratory fabricated intraoral mandibular splint designed to aid in treating clenching, grinding, and bruxism. Worn during sleep, the device repositions the jaw and serves to protect the teeth, crowns, veneers, and restorations from the destructive forces of bruxism and will help to alleviate headaches, TMJ and muscle pain. By having the dental arches repositioned, there is a reduction of trigeminally innervated muscular activity. This allows for reduced muscle tension and can help alleviate the associated symptoms.

INDICATIONS FOR USE

The POD is for the amelioration of clenching and bruxing associated with TMD and is to be used in the aid to treat TMJ/TMD symptoms

CONTRAINDICATIONS

This appliance is contraindicated if the patient:

- Has complete dentures or an insufficient number of lower teeth to retain the appliance.
- Has loose teeth or advanced periodontal disease.
- Presently wears a mandibular advancement device at night for Obstructive Sleep Apnea.

PRECAUTIONS

Dentists should consider the medical history of the patients, including history of asthma, breathing, or respiratory disorders, or other relevant health problems, and refer the patient to the appropriate healthcare provider before prescribing the device.

CAUTION & ONLY

Federal law restricts this device to sale by or on the order of a dentist.

MANUFACTURED BY
Space Maintainers Lab - SML
9129 Lurline Avenue
Chatsworth, CA 91311



INSTRUCTIONS

PREPARING THE PRESCRIPTION

Perform a complete oral health assessment as well as a medical health history assessment including:

- Full medical and dental health history
- TMJ exam and evaluation
- Dental radiographs
- Clinical oral evaluation
- General patient interview

IMPRESSIONS

Dental impressions should be taken of the upper arch and the lower arch using a high-quality alginate or polyvinyl siloxane (PVS) impression material. We recommend that models be created in your office from the impressions, evaluated for defects, trimmed and dried before shipping to the laboratory.

Digital impressions can also be utilized if the dentist is equipped with this technology.

BITE RECORDS

A bite record is recommended especially for patients with crossbites or missing posterior maxillary teeth. Record this relationship (in the patient's mouth) with a hard wax or elastomeric material and send to the lab with the models.

SHIPPING THE CASE

The models and bite records should be wrapped separately with bubble wrap and shipped to our certified laboratory with a prescription for the appliance in the box.

PATIENT FITTING

- Prior to patient contact, the new appliance should be properly washed and disinfected with Cavicide®, in accordance with that manufacturer's instructions. Spray Cavicide directly on the pre-cleaned appliance, thoroughly wetting all sides. Allow the surface to remain visibly wet for 3 minutes at room temperature. Rinse thoroughly with high quality potable water.

- The delivery visit should confirm the fit and comfort of the appliance, as well as the patients' ability to insert and remove it properly and without difficulty. It may be necessary to adjust the internal acrylic body with an acrylic bur to reach a comfortable level of retention.

- NOTE: The Patients' Directions for use MUST be dispensed and reviewed with the patient at this visit.

INSERTION

1. Place The POD® in the patient's mouth and gently press it down into place with your thumbs. It may be necessary to adjust the occlusal body with an acrylic lab bur if the appliance doesn't seat easily.

2. Complete placement by pressing down with forefingers to finish the seating of the appliance. The appliance is designed to allow the mandible freedom of movement side-to-side, vertically, and protrusively.

3. Ensure the maxillary and mandibular midlines remain aligned when the patient bites down into the appliance. The bite block can be adjusted for comfort and proper midline alignment using articulating paper and a high-speed handpiece.

REMOVAL

Remove the appliance by carefully pushing up on both left and right sides of the acrylic body with the thumbs. Place index fingers above appliance to control the removal. The appliance should be removable without the need for excessive force. If the appliance is fitting too tightly, adjust the internal acrylic body with an acrylic lab bur until removal is easily accomplished by the patient.

OBSERVATION/ADJUSTMENT VISITS

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

Month 3: Evaluate teeth and appliance. Make any necessary adjustments.

Month 6: Check progress with the appliance and address any patient concerns.

Yearly: Inspect teeth and appliance. Ensure a comfortable fit and patient compliance.

Note: Please report any adverse reactions or negative side effects as soon as possible to Advanced Facialdntics LLC.

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