PATIENT DIRECTIONS:

ADJUSTABLE HERBST APPLIANCE

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 patient 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 for the patient by prescription only.

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 using it and contact your dentist to have it repaired -- before you re-use the appliance.

FABRICATED BY:

SML® 9129 Lurline Ave Chatsworth, CA Tel: (800) 423-3270
CONTRAINDICATIONS:
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 myofacial dysfunction (facial pain)
• Have anthropathy 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:
• Tooth movement or changes in the dental occlusion (bite)
• 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

Should any of these problems occur, discontinue use of the appliance and call your dentist.

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 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.

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.

• Be sure to keep the expansion screws 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.

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 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 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.

CARE AND CLEANING:
• 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 OAP 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.

With proper care, this appliance will last years, barring any significant changes in your teeth. Consult your dentist with questions on continuing use of this appliance.