

Snoring Appliance Post Op

The appliance you have been provided is a precision made appliance which is designed to hold your lower jaw in a slightly forward or protrusive position in order to help alleviate the condition of Sleep Apnoea. It is referred to as a MAS or Mandibular Advancement Splint and consists of an upper and a lower component. Both components need to be worn in order to be effective. This upper component has the adjustment mechanism (usually a screw component) and the lower component has the 'holding flanges' these extensions while resting against the upper appliance prevent your lower jaw from moving backwards. The appliance needs to be worn every night during sleep and will take 1-2 weeks for your mouth and jaw to get accustomed to it. It is not unusual to find it a little foreign in the beginning. Occasionally you may experience a slight discomfort of the jaw and muscles but this should settle as you wear the appliance over time. If this worsens please advise Dr Hadjipetrou.

Brush and floss your teeth prior to wearing the appliance and going to bed. Bacteria will grow underneath the appliance with the risk of developing gum inflammations if excellent hygiene is not maintained. When waking up in the morning remove the appliance and clean well using your tooth brush and liquid soap (do not use harsh detergents) liquid soap which you use to wash your hands is ideal. Once washed, rinse well and place in the given container.

The appliance is made of high quality acrylic and the fitting surface over your natural teeth is a soft liner to protect and sit softly over natural teeth and restorations. It is fitted over the current shape of your teeth, so if in future a new restoration is required on any of your teeth which may be a different shape, there may be an adjustment required to the MAS appliance.

With good care of the appliance it should last a minimum of 3-4 years and in some cases longer.

Please do not hesitate to call me if you have any queries regarding the appliance.