Reseting the Bite

After removing the appliance, patient may experience a mild discomfort in the jaws.

Use bite trainer exercise to restore jaws to the normal bite position.

- Place the Bite Trainer between your teeth and bite gently a few times.
- Move the jaw forward and back a few times.
- Position jaw in its normal position and bite on back teeth.
- Repeat process if necessary until bite feels normal.

Care and Cleaning

- Clean all surfaces with a stiff toothbrush and toothpaste.
- Occasionally soak your appliance in an effervescent denture cleaning solution.
- Store in a firm, perforated container.
Sleep Apnea

During sleep the muscles which keep the respiratory tract open become relaxed. This makes it more difficult for air to pass through the pharynx, and the soft tissue vibrates, resulting in snoring. The lack of airflow often causes the level of oxygen to decrease in the blood. Consequently the brain is alerted which results in interrupted sleeping patterns.

This oxygen deficiency causes a number of symptoms such as excessive sleepiness, fatigue and depression. On a more general health level, there is also increased risk of high blood pressure, heart attacks, strokes, diabetes, etc.

- Do you snore?
- Do you wake up during the night with shortness of breath, or with a dry mouth?
- Are you tired in the morning, experience headaches, memory loss, or lack of concentration?
- Do you suffer from high blood pressure, diabetes, chest angina, or suffer from any type of heart condition?

Appliance Design

OrthoApnea is a new intraoral appliance designed for the treatment of Snoring and Sleep Apnea.

The appliance mechanism is designed to maintain the advanced position of the mandible, allowing the air to flow freely in the respiratory tract. As a result, snoring is eliminated and the episodes of apnea are reduced.

Quick Assembly

Splints are connected by a screw mechanism and two crossbars.

Hook and slide the screw assembly over the flat indentation on the upper bar.

Adjustments

Appliance is adjusted and activated by turning the screw with the key provided.

- Comfortable and easy to use.
- Made from biocompatible dual-laminate material.
- Allows for normal function: talking, breathing, etc.