

SomnoGuard® SPX
Mandibular advancement device

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Hints and tips for fitting

Before fitting:

- Equip the patient with paper towels and, if necessary, an apron.
- Moisten the patient's lips.
- Check whether the oral trays in their original form match the dental arches. If not, the width of the trays can be altered after heating them in hot water.
- Check whether the patient moves the lower jaw forward centrally. If the lower jaw is not symmetrically under the upper jaw in the forward position, this must be taken into account when adjusting the lower tray and the connectors.
- For a better visibility of the line mark in the front area of the tray, trace it with a waterproof pen.
- Explain to the patient to relax the cheeks during fitting.

During fitting:

- Make sure that the side walls of the trays are not bitten down. This can be prevented by modelling the side walls a little outwards with the fingers before inserting them into the mouth and by pulling the cheeks slightly to the side.
- Use as cold water as possible to cool the trays (if applicable with ice cubes).
- To prevent the inner walls from being pressed upwards during the fitting of the lower tray, tell the patient not to swallow and to keep the tongue relaxed.
- Adjust the length of the two connectors symmetrically.

Required tools:

Disposable gloves (nitrile gloves are particularly suitable), 2 small bowls (e.g. made of ceramic or glass; no plastic bowls) with a min. base diameter of 10 cm, kettle or saucepan, pointed tweezers, side cutter, spatula if necessary, paper towels if necessary