

SomnoGuard® SPX

Mandibular advancement device

Fitting of oral trays – short version

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Please also refer to the **user instructions** included in the package and the **fitting video** on the internet at www.en.tomed.com/products/somnoguard-spx

	Duration	Process
1.	60 sec.	Pour boiled water into a bowl. Hold the fitting aid with the tray in the hot water bowl for about 60 seconds.
2.	60 sec.	Cool down the tray in the air for about 60 seconds. If necessary, increase or decrease tray width.
3.	10 sec.	Place the fitting aid with the tray centrally under the upper teeth . Firmly press the bottom of the tray against the upper teeth using your fingers.
4.	1 ½ min.	Keep the mouth closed with slightly advanced lower jaw for about 1 ½ minutes – swallow, press the tongue against the thermoplastic material, massage the cheeks from the outside. In between, open the mouth and gently press the thermoplastic material with your fingers against the teeth.
5.	20 sec.	Remove the fitting aid with the tray vertically from the teeth and hold it into a cold water bowl for about 20 seconds. Now remove the tray from the fitting aid.
6.		Leave the upper tray on the teeth while fitting the lower tray. Repeat steps 1 and 2 with the second oral tray on the lower teeth .
7.	10 sec.	Place the heated lower tray with the fitting aid on the lower teeth so that the line marks on the upper and lower tray form a vertical line (with advanced lower jaw).
8.	1 ½ min.	Gently press the thermoplastic material against the teeth using your fingers. With a forward lower jaw firmly clench the teeth and keep them closed for about 1 ½ minutes – massage the cheeks from the outside. In between, open the mouth and check whether the outer and inner walls are close to the teeth – correct if necessary.
9.	20 sec.	Repeat step 5.

10. If the tray does not fit perfectly:

- For a partial correction, put the single spot of the tray for about 10 – 15 seconds...
- For a complete refit, put the whole tray for about 60 seconds...
...into the hot water bowl and repeat the fitting process.

11. Connecting the trays and setting the lower jaw advancement (see user instructions)