

# Instructions for Care and Use of the APM Ultra

The APM Ultra appliance that you just received is made of a heat-sensitive acrylic for wearing comfort. Though it is now cured (hardened), in the next few days it will go from cloudy to clear. This is normal.

The APM appliance must be soaked in warm water no hotter than what your finger can tolerate prior to inserting it into your mouth. This will insure easy insertion and immediate comfort when wearing the appliance. Warming it prior to insertion also prevents the appliance from cracking.

## Care and Cleaning of the Appliance:

- Clean the appliance daily with a non-whitening, non-abrasive toothpaste.
- Once per week, soak the appliance in a commercial denture cleaner (Polident, Efferdent) for no more than 20 minutes. Any other solutions used to clean your appliance may damage the material.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

**DO NOT STORE YOUR APPLIANCE IN LIQUID/WATER FOR MORE THAN ONE HOUR. IT MAY WEAKEN THE APPLIANCE OVER TIME.**

## Insertion and Removal of the Appliance:

**To insert your APM Ultra** place the appliance in hot water for approximately one minute to soften the material. Place over your upper teeth seating it completely. Then slide your lower jaw forward to fit slowly and completely into the lower portion of the appliance. The appliance may feel slightly loose on your teeth when it is still warm. However, it will tighten around your teeth as it cools in your mouth. In some cases it may be easier to place the lower portion first then close into the upper portion.

**To remove your APM Ultra** start on the bottom portion of the appliance by placing your thumbs on both sides of the appliance at the lower borders, firmly push upwards toward the upper jaw on one side then the other “rocking” the appliance out of place. After the lower jaw is free from the appliance, move your fingers to the upper border and push downward off the upper teeth in the same “rocking” manner. If the appliance is too rigid or retentive, try rinsing your mouth with hot water or tea prior to removal. If hot water or tea is necessary for removal, the appliance should be adjusted at your next office visit.

**To avoid unnecessary torque and fracture of the adjustment screws while removing the device, do not open your mouth to remove the appliance without using your fingers to assist.**

## Adjusting The Screw Mechanism:

Your APM Ultra has been custom made for you and is designed to provide maximum effectiveness. The screw mechanisms allow you to move your lower jaw position forward which can increase the effectiveness, or backward in case of related jaw discomfort.

**In order to adjust the screw mechanism**, place the wire end of the key into the hole in the center of the screw mechanism and push or turn the key in the direction of the arrow (down) to move your jaw position forward or away from the arrow (up) to move your jaw position back. This is considered one turn. One turn equals .25 mm. **Be sure to adjust each side evenly.**

### **How Often To Adjust Your Appliance:**

No adjustments of the screw mechanism should be made during the first week after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance in place at night. Monitor your snoring, daytime sleepiness, and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw by adjusting the screw mechanism two turns down (in the direction of the arrow), and then monitor your symptoms for three days. If the symptoms continue, you will again adjust the screw mechanism two turns down in the direction of the arrow. This process of monitoring and adjusting the appliance continues every three days until the symptoms are well controlled. The maximum number of total turns available in the screw mechanism is 18.

### **Preventing Changes in the Bite:**

After you remove your appliance in the morning, it is common for your bite to feel different because your jaw has been forward all night. You will need to help it move back to its normal position. You may notice that your front teeth contact heavily and it will be difficult to close your back teeth together. In order to prevent permanent changes from occurring in the bite, it is very important for you to do these simple exercises each morning.

### **Use of the AM Positioner:**

- You will be using the appliance for approximately 15 minutes. During this 15 minute period, you will place the appliance over your upper teeth, then close your teeth into the indentations in the appliance, hold them for approximately 2 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.

**After using the device for this 15 minute period, you should note that your bite returns to normal. If not, please contact our office.**

### **Care of the AM Positioner:**

- Clean the AM Positioner daily with a non-whitening, non-abrasive toothpaste.
- Once per week clean the device with a commercial denture cleaner in cool water.
- When your appliance is not in your mouth store it dry in the case provided.

**Do not place the AM Positioner in warm or hot water or it will warp or melt.**

**If you have any jaw pain or lingering tooth discomfort, discontinue use of the appliance and contact our office.**

**IMPORTANT:** It may take 4-8 weeks to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.

*Helping people achieve quiet restful sleep*