

Instructions for Care and Use of the E.M.A.

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, or you may use a dilute bleach solution [one part bleach (Clorox) to five parts water] for 10 minutes and then thoroughly rinse the appliance. 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 use hot water to clean your appliance as this will damage the appliance.

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

Removing Your E.M.A.

To remove your EMA, start on the bottom portion of the appliance by placing your thumbs on both sides of the appliance at the lower borders. Then firmly push upward toward the upper jaw on one side and 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.

Adjusting your jaw position using the E.M.A. straps:

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.

Your EMA appliance comes with 5 different strap lengths. Strap #1 is the longest, and strap #5 is the shortest (placing your lower jaw in the most advanced forward position). Each strap length comes in three different strengths. White is the lightest, yellow is medium, and blue is the heaviest.

Below is the suggested schedule of strap progression:

#1 white-----#1 yellow-----#1 blue
#2 white-----#2 yellow-----#2 blue
#3 white-----#3 yellow-----#3 blue
#4 white-----#4 yellow-----#4 blue
#5 white -----#5 yellow-----#5 blue

Find your starting strap size on the chart. Wear your EMA with these straps for 3 nights. If after 3 nights you do not notice an improvement in your symptoms, change the straps to the next size listed on the chart and use them for 3 nights. Continue this progression until your symptoms have improved.

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

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

Helping people achieve quiet restful sleep.