

## Types of Oral Appliances

There are two main categories of oral appliances currently in use; they are mandibular advancement devices (MAD) and tongue retaining devices (TRD).

### Mandibular Advancement Devices

Custom made for each patient  
Made of a special hard acrylic material  
Fit snugly, but comfortably over the upper and lower teeth  
Holds the lower jaw slightly forward to open the airway and restore normal breathing during sleep  
Have a built-in adjustment mechanism that allows gradual advancement of the jaw to help achieve optimum effectiveness

### Tongue Retaining Devices

Custom-made and pre-fabricated models are available  
Made of a soft, pliable material  
Has a compartment that fits around the tongue to hold it forward by means of suction  
Used most often for patients with dentures or for those whose jaw cannot be adequately advanced

### Appliances Used in Our Office

The Snoring and Sleep Apnea Dental Treatment Center is unique in that we use seven different oral appliances. The choice of appliance to be used for each patient is based on many factors, including: severity of the apnea condition, patient's bite and jaw structure, size of the tongue and soft palate, presence of tooth clenching or grinding, jaw range of motion, health of teeth and gums, and many others.

Dr. Parker brings more than 19 years of experience and expertise in dental sleep medicine to the process to help guide the patient to an appliance choice that will be most comfortable and effective for them. As the science behind the use of these devices grows, appliance choices continue to evolve. Currently Dr. Parker works with the following appliances:

### Adjustable PM Positioner



The Adjustable PM Positioner was invented by Dr. Jonathan A. Parker. He developed this appliance to create a unique design that is durable, comfortable and effective for patients.

The Adjustable PM Positioner is a custom-made appliance constructed of a heat-sensitive acrylic (Bruxeze) that fits over the upper and lower teeth. The appliance is comfortable on the teeth and leaves added space for the tongue compared to other devices. It allows a small amount of jaw movement. The adjustment mechanisms are on the cheek side of the appliance near the molars and allow for easy advancement of the jaw position to improve effectiveness of the device when it is indicated. This appliance is easy to use, effective and durable.

### SUAD



The SUAD is also a custom-made appliance that is made of a heat-sensitive acrylic and is reinforced by a metal framework. The adjustment mechanism (Herbst) is positioned on the sides of the device and consists of a piston that slides within a tube. The appliance is comfortable on the teeth and the mechanism allows good freedom of movement of the jaw, making this option a frequent choice for patients who tend to grind their teeth heavily. Small elastics (rubber bands) are used to keep the jaw from falling open during the night although the patient is able to open the mouth partially, which can improve comfort when using the appliance.

### Somno-dent



The SomnoDent<sup>®</sup> MAS is made from a hard acrylic material. It is specifically designed in two parts that permit jaw movement. This appliance adjusts easily and incrementally with a recessed screw mechanism on each side of the upper part. It is held in position by ball clasps and is designed for patients who prefer having jaw movement during sleep. It may also be a good choice for patients with small jaws or dental arches.

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### EMA



The EMA is a custom-made appliance that fits over the upper and lower teeth and is connected by rubber straps on the sides of the device. This appliance uses a thinner plastic and may be less intrusive for patients who have smaller mouths or a concern about wearing something in their mouth. Straps of different lengths and flexibilities allow for advancing the jaw position gradually. This appliance allows for good jaw movement.

### Tongue Retaining Device (TRD)



Tongue Retaining Device (TRD) is a custom-made appliance made of a soft, pliable material that has a compartment in which the tongue is held in place by means of suction. This appliance is most frequently used for patients who have very few or no teeth. The TRD may require some time for the patient to adapt to having their tongue held in place, so a tongue exercise and adaptation program is started a few weeks prior to the date of insertion of the device. This appliance requires that the patient can breathe efficiently through their nose.

### TAP®



The TAP® 3 appliance is a custom-made appliance that has a harder outer shell and softer lining. It has a screw mechanism on the front of the device that attaches the upper and lower jaws together by utilizing a small hook and socket mechanism. The TAP® can be adjusted by the patient while in the mouth by the use of a small key. This unobtrusive, self adjustability is one of the reasons TAP® has a compliance rate of 95%.

### TAP-PAP®



The TAP®-PAP addresses the need in certain cases for a therapy that is fitted exactly to the patient's face covering only the mouth and nose. The mandibular advancement provided by the oral appliance combined with the pressure applied to the airway by the CPAP provides an excellent alternative for those patients who are not able to tolerate CPAP alone or do not find oral appliance therapy to be effective enough. The Adjustable PM Positioner, SUAD, EMA, Somnodent, TAP, TAP-PAP and Tongue Retaining Device are all FDA accepted for snoring and sleep apnea.