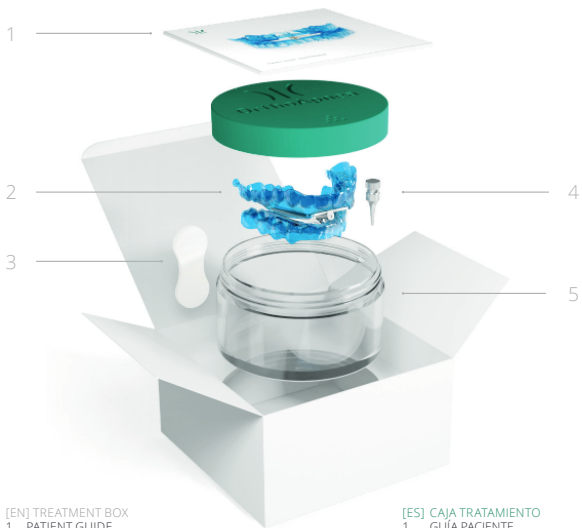




Patient Guide
Guía Paciente

English
Español



[EN] TREATMENT BOX

- 1 PATIENT GUIDE
- 2 CLASSIC DEVICE
- 3 BITE TRAINER
- 4 ACTIVATION KEY
- 5 CONTAINER

[ES] CAJA TRATAMIENTO

- 1 GUÍA PACIENTE
- 2 DISPOSITIVO CLASSIC
- 3 MORDEDOR
- 4 LLAVE DE ACTIVACIÓN
- 5 RECIPIENTE

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Dear Patient,

We would like to thank you for choosing the OrthoApnea Classic. In this guide you will find our recommendations for the use of your OrthoApnea Classic device. This is a treatment that aims to help you achieve better sleep and help improve your overall health.

- Indications for use:

The OrthoApnea Classic is a mandibular advancement device indicated for the treatment of patients with mild to moderate Obstructive Sleep Apnea. The device is also indicated for snoring patients.

- Contraindications:

The use is contraindicated in patients with central sleep apnea, other respiratory diseases, advanced untreated periodontal problems and in patients under 18 years of age.

1. OrthoApnea Classic device



OrthoApnea Classic consists of two individual splints connected together by a screw, which are locked together during use. The device is fitted over the upper and lower teeth to promote controlled advancement of the lower jaw and facilitate breathing.

2. How to insert and remove



Gently press the upper splint upwards with your thumbs until it comfortably 'clicks' into place.



Gently press the lower splint downwards with your index fingers until it too comfortably 'clicks' into place.



Remove the upper splint downwards with the index fingers and thumbs until it is completely disengaged.



Remove the lower splint upwards with the thumbs until it is completely disengaged.

3. How to adjust the advancement

The mandibular advancement is adjusted by activating the screw with the activation key.

Follow the instructions given by your dental sleep specialist to perform mandibular advancement regulation.



BE AWARE THAT 3 COMPLETE
TURNS ARE EQUIVALENT
TO 1MM

4. How to clean

The device is cleaned with a soft toothbrush, cold water and non-scented liquid soap.

Once cleaned and rinsed, shake off any excess water and store in your open OrthoApnea container.

Additional information:

- Optionally, use 'effervescent' denture cleaners.
- Never use toothpaste or hot water to clean your device.
- Strive for good dental hygiene to help ensure that your device remains in good condition.



5. Use of the bite trainer

To help return your 'bite' to normal and to help prevent longer term/permanent 'bite' change, the bite trainer should be used every morning on removing your appliance.

Hold the silicone tab lightly between your upper and lower front teeth and move your lower teeth backwards and forwards, left and right. Repeat these movements with your lower jaw and your habitual 'bite' will be recaptured.



6. Precautions and warnings

The use of the device may cause, in some cases, side effects that usually disappear after the first few weeks of treatment:

- Tooth sensitivity.
- Increased salivation.
- Bite changes that disappear after using the bite trainer.
- Slight alteration in the bite and in the dental position.
- Discomfort in the jaw muscles and jaw joints.

If side effects continue, please contact your dental sleep specialist.