



Dear patient:

Your new Acrylic Herbst Appliance is a removable, intraoral device which is customized for you. The device is designed to reposition your jaw into a forward position. This improves your ability to exchange air during sleep to reduce night time snoring and/or mild to moderate obstructive sleep apnea.

Package contents:

- Herbst appliance
- Protective case
- Allen wrench for attachment screws

Directions for Use

1. Place the upper component gently into upper teeth (do not bite into place as this may cause distortion). Press up to ensure plate is seated securely and fits comfortably.
2. Place lower component gently onto lower teeth. Press down on both sides to ensure plate is seated securely and fits comfortably.
3. Once the upper and lower components are seated firmly in your mouth, make sure the appliance's flat planes are in even contact throughout the arch when the jaw is closed.
4. If the appliance needs any adjustments contact your prescribing clinician for guidance and recommendation.
5. It may take a few nights to get used to the appliance. Some muscle tenderness may occur. If any severe pain occurs, please contact your prescribing clinician immediately.
6. It is recommended that you have the first checkup visit after 7-10 days of use and then again after 30 days. Regular checkups should occur after every six months. NOTE: Only your prescribing clinician should make adjustments to the device. If you feel the device needs to be adjusted, contact your prescribing clinician.
7. An allen wrench is included for you to tighten the attachment screws should they loosen over time. This will not affect the way the appliance positions your jaw.

Cleaning

You should clean your device daily using the following simple instructions. Failure to follow these instructions could result in damage to the device.

1. Clean the appliance the same way that you would clean your teeth. Use a toothbrush, toothpaste and cool water.
2. Once the appliance is dry, store it in the provided case.
3. Do not soak your appliance.
4. Do not use an effervescent denture cleaner or mouthwash containing alcohol or coloring. These products can change the color of and damage or weaken the appliance.
5. Do not use any cleaning method that exposes the device to chemicals or to warm water (temperatures higher than 160° F).

Contact with an individual's mouth environment may change the appliance color, taste and smell due to any of the following:

- lack of hygiene
- strong aromatic food
- drinks such as coffee, tea, soda
- certain medications
- smoking

Warning

Use of the device may cause any of the following conditions listed below. If any of these complications occur, you should immediately stop using the device and contact your prescribing clinician.

- Tooth movement or changes in occlusion
- Gingival or dental soreness
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation

Warning

This appliance is designed to withstand normal forces generated in the mouth but if subjected to abnormal conditions, it may break and become dangerous to you. If the appliance should break or feel or look different than when your doctor installed it, immediately stop using the device and contact your prescribing clinician for additional instructions.

Caution: Federal law restricts this device to sale by or on the order of a dentist

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