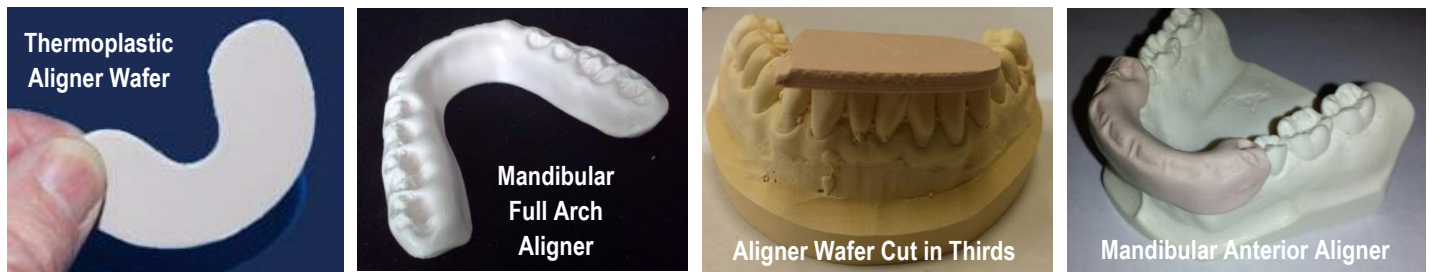


AM Aligner Morning DeProgrammer



The purpose of the **AM Aligner** is to counteract the destructive forces that represent the most significant side effect of a mandibular repositioning splint used for the treatment of obstructive sleep apnea and other sleep disordered breathing. The forces that are inherent in repositioning the mandible forward are to incline the maxillary anterior dentition towards the palate and the mandibular anterior teeth towards the labial. This also creates interproximal spaces in the upper posterior region of the dentition. This side effect is most significant in people who do not have an adequate anterior overlap situation. The patients who have an end-to-end relationship in the anterior region are at highest risk for the side effects. Therefore, the purpose of this **AM Aligner** is to offset these forces by creating a centric occlusion splint that will be fabricated before the MAD (Mandibular Advancement Device) is delivered. This exercise tool is constructed from a thermoplastic material that, when is heated, can be molded onto the lower (or upper) dentition by hand and the patient will be instructed to bite into this thermoplastic material while still soft and create indentations for the opposing teeth to set at the proper position. After this thermoplastic material is hardened at normal temperature, this will become a device to use every morning after wearing the MAD to reposition the teeth into a normal centric occlusion.

Clinician Delivery Instructions:

1. The **AM Aligner Wafer** can be used as a **Full Arch Aligner** or cut in thirds for a **Mandibular Anterior Aligner** only.
2. Take the thermoplastic wafer and place it into water that is over 160 degrees Fahrenheit / hot microwave water until it is soft and malleable.
3. Take this soft wafer and put it onto the patient's mandibular dentition and press with your thumb and index finger lingually and labially, contouring the wafer to the mandibular teeth. Have the patient close naturally into the wafer.
4. Keep massaging the wafer against the teeth until the wafer hardens. The patient can use his/her tongue to better contour the AM Aligner.
5. Remove the Aligner and rinse in cold water. Use an E-Cutter to trim any hard extensions that are undesirable.
6. Take a rubber point burr and smooth out any sharp edges along the sides of the Aligner.
7. Give the **AM Aligner** to the patient and instruct him/her to remove the Mandibular Advancement Device and wait 10-15 minutes before using the AM Aligner to encourage natural resetting of the bite. Then have him/her insert the AM Aligner for about 10-15 minutes, clenching and biting into it, to help restore their normal bite.
8. There are also various **Exercises** that can also be incorporated to help restore the normal bite relationship.

Isometric Exercises (5 times each for 5 seconds each)

1. Bring jaw forward
2. Bring jaw back
3. Open jaw as wide as you can without pain
4. Bite down on the AM Aligner

Jaw Stretching (30 to 60 seconds)

1. Place 2 fingers on lower teeth
2. Pull down slowly, do not cause pain

Neck Exercises (3 times per day)

1. Place left hand on the right side of the head and stretch to the left for 30 to 60 seconds.
2. Place right hand on the left side of the head and stretch to the right for 30 to 60 seconds.
3. Place both hands behind the head and stretch head down and forward for 30 to 60 seconds.