

**DOCTOR
 INSTRUCTIONS**



___ This **EMA** is made in Vacuform Hard Acrylic and is inserted as one piece.

___ This **EMA** is made in ErkoLoc Hard/Soft Material and is inserted as one piece.

___ This **EMA** is made in a **ThermoFlex Hard Resin** and inserted as one piece. Place the device in hot tap water for 5-10 seconds for easier insertion. (Sometimes Microwave water for 3 seconds). The patient may not need to run the EMA under hot tap water with continued use.

EMA—Elastomeric Mandibular Advancement Device. Insert the E.M.A. device in as one piece, placing the upper splint on first and guide the lower jaw/teeth up into the lower splint. Use finger pressure to securely seat both of them.

1. Check to see if the appliance is comfortable and if there is any pain or pressure on individual teeth. Adjust conservatively to avoid over trimming and possible dislodgement with the pull of the straps.
2. Check for any muscle or joint discomfort in the advanced mandibular position. If so, you can select a higher number i.e. change **#20** to a **#21** or to a **Yellow Strap** from the **Blue**.
3. When changing the straps, place them under hot water for easier placement onto the buttons on each side, with the **Number** facing out, the **EMA** Logo facing the tooth side. Extra care should be made with the **Clear Straps** as they are the most rigid and the hot water is extremely important. **Straps can be changed** from the same number of one color to the same number of a different color to allow less movement and provide longer wear...i.e. **Flexible Yellow 21** to a **Less Flexible Blue 21** or can be changed from a lower number to **increase protrusion one mm**...i.e. **Yellow 21** to a **Yellow 20** or **Blue 20**. If wanting to **decrease protrusion one mm**, i.e....from **Yellow 20**, change to **Yellow 21** or **Blue 21**.

(Each EMA will include an individual strap sequence as per case evaluation.)

Appliance Set w/ Strap #	White	Yellow	Blue	Clear
Intro Sample Pack Includes:	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___
To Decrease Protrusion:	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___
To Advance Mandible:	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___	Straps # ___ - ___

4. Ask patient to place and remove the EMA appliance using both hands. To remove the device, the patient should use his/her index finger nails to pull down on the upper splint and use his/her thumb nails to push up on the lower splint. A mirror is helpful.
5. Encourage the patient to wear the appliance before bed for 30-60 minutes, while reading or watching TV, to get more comfortable wearing the new device, trying to relax and breath in an out.... and through his/her nose with his/her lips sealed , if possible.
6. Common side effects of initial wear are clenching, sore teeth, TMJ sensitivity and increased salivation, but usually resolve in ten days. If more severe pain occurs, have the patient contact you immediately. Advise the patient to chew sugar-free gum every morning after wearing the appliance to help return the condyles to normal position. A morning deprogrammer, like an AM Aligner, is helpful in getting the bite back to normal. Oral Exercises can also be incorporated to help restore the natural bite.
7. **Follow-Up Sleep Study**—if your patient has Moderate to Severe Sleep Apnea, you will need to schedule a follow-up sleep study when you feel that you have titrated the device to a place where the patient is comfortable and the appliance subjectively has made him or her feel more rested, not having apneas and snoring is stopped or satisfactorily reduced. A Home Sleep Study Monitor, if available, can be used to verify improvement before sending the patient for an overnight sleep study.

Additional Straps can be ordered when the most effective and comfortable size is determined.

2 Straps (One Pair) \$3.50.....10 Straps (5 Pairs) \$1526 Straps (13 Pairs) \$30. Mixed sizes can be ordered.