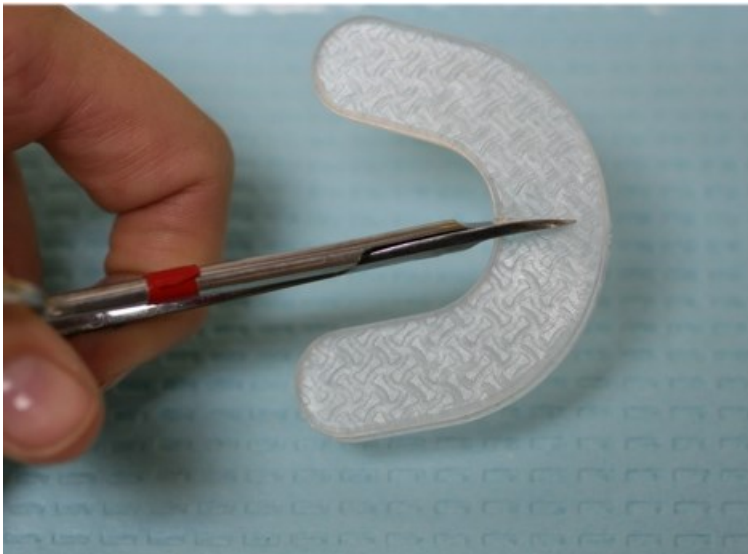
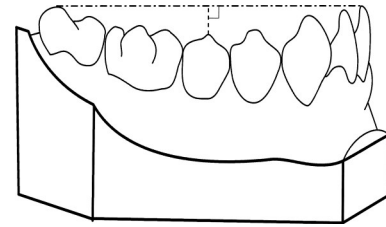


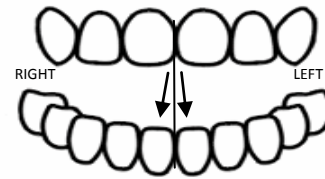
# Therabyte Technique for Sleep Device Protrusive Bite



Take two Therabyte wafers and cut them in half. The thickness of these wafers will usually provide adequate vertical to fabricate an appliance. Exceptions are low extending lingual cusps and a high curve of spee.



Check patient midlines in centric and have them slide in protrusive. Try to see if you can guide them with the midlines in the same alignment as in centric. A mirror is helpful. Alignment of centric and protrusive midlines is not always natural, but please note on the RX.



Determine the patient's maximum protrusion and then a basic guideline is to reduce to 60-70%, i.e. 10 mm Maximum Protrusion...Set Bite 6-7mm forward as comfortable.



Place the two half Therabyte wafers and place between the posterior teeth in the molar area. Evaluate if this vertical opening will allow the mandibular advancement device to bring the jaw forward at least 5mm. An additional wafer on each side may be required.



Add Blue Mousse or similar bite registration material to set the protrusive bite, making sure to extend as posteriorly as possible, so the lab technician is able to articulate the casts without the bite rocking. Removing one set of wafers and then the other and adding more blue mousse can extend the bite more posteriorly.

Be mindful of the midline position as you are taking the protrusive bite. Recheck the bite for comfort, midline position and proper protrusion of the mandible.

If casts are poured, the protrusive bite can be checked against the centric bite midline position, by marking the midlines in centric and seeing how the lines on the cast align in protrusive.

If they are off, this can effect the comfort and effectiveness of the device, if not natural. If the discrepancy is 2 or more, and not noted on the RX, we may call to verify before fabrication.

