

Your **E.M.A.** device is FDA cleared for Sleep Apnea. Oral Appliance Therapy may improve your sleep and quiet your snoring immediately, but usually will require various adjustments and possibly combination approaches. Communicate with your dentist to optimize your results.

This device is made with  Biostar  ThermoFlex Hard  Erkoloc Hard/Soft

(If your device is marked ThermoFlex Hard it is recommended that you run your device under hot tap water for 5-10 seconds for ease of insertions. This may not be necessary over time)

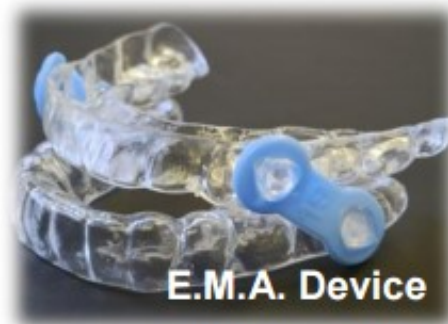
**Seating your E.M.A. Device:** Seat the upper splint on the upper teeth first and then slide the lower teeth into the lower splint. Make sure both are fully seated with your fingers, but do not bite them into place, which may break the splints.

**Changing the Elastic Strap:** Run the E.M.A. device under **Cold** tap water and carefully, slide each strap off the hooks of each side. Run the new elastic under **Hot** tap water for about 5 seconds and carefully slide each end of the strap around each hook, the number side out. The **Blue** ones are more flexible, and the **Clear** more rigid, requiring more care when attaching, to prevent breaking of the splints or snapping off a hook.

**Selecting an Elastic Strap:** Your dentist has determined a starting position for you to begin wearing your E.M.A. device. This may or may not be the number and color of the elastic straps that you will wear on a long term basis, but you will help him/her determine which strap may be best for you.

**Still having Apnea / Snoring? To Increase the Extension of Your Lower Jaw:** Choose the pair of Blue Straps, with a number one less than the straps which are currently on your device, *i.e. Wearing a #19 Blue or Clear... Select #18 Blue*. Run the new elastic under Hot tap water for about 5 seconds and carefully slide each end of the strap around each hook. (Number side out).

**Experiencing Discomfort in your Jaw Position? To Reduce the Extension of Your Lower Jaw:** Choose the pair of Blue Straps, with a number higher than the straps which are currently on your device, *i.e. Wearing a #19 Blue or Clear... Select #20 Blue*. Run the new elastic under Hot tap water for about 5 seconds and carefully slide each end of the strap around each hook. (Number side out).



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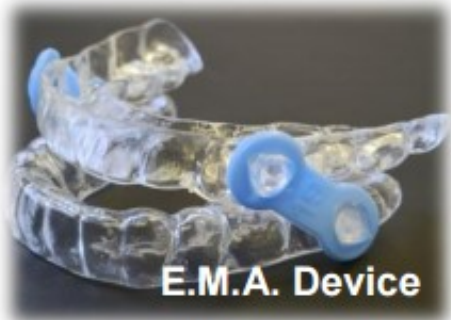
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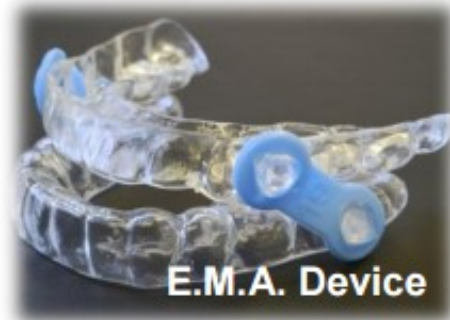


**Ordering Additional Straps:** When you and your Dentist have determined what size and color straps seem to work best for you, you can reorder a larger quantity of that elastic strap. This may change over time, due to weight gain or other factors.

**Cleaning your E.M. A. Device:** Gently brush your appliance with **Cool** water with antibacterial soap or gently with a mild toothpaste and soft toothbrush and rinse.

Do not soak in water or mouthwash. Store dry in the Denture Box, with the lid left open. You may use a mild denture cleaner which contains no alcohol, peroxide, or ammonia for about 15 minutes.

**Follow-Up Sleep Study:** You should be sleeping better and feeling better with your device, but **if you have been diagnosed with Moderate to Severe Sleep Apnea, you will need to get a follow-up sleep study to verify the results**, and/or modifications may still be needed to further improve your sleep disordered breathing.



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