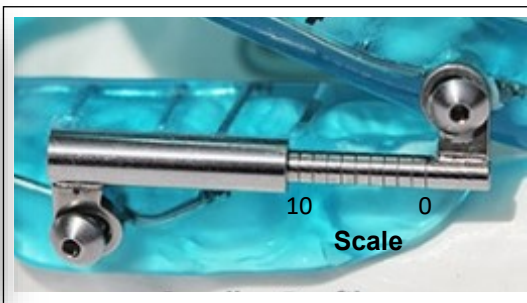
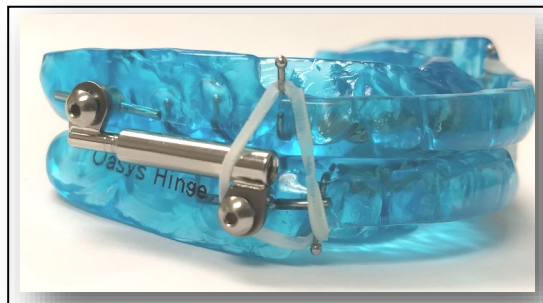


# OASYS Hinge Appliance Patient Guide

\_\_ ThermoFlex Hard Resin \_\_ Hard Acrylic

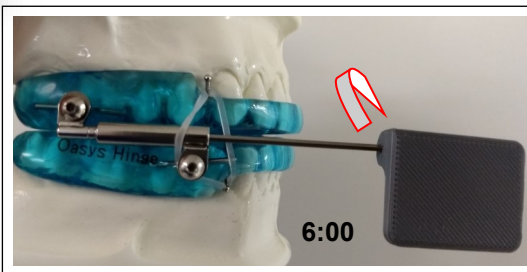
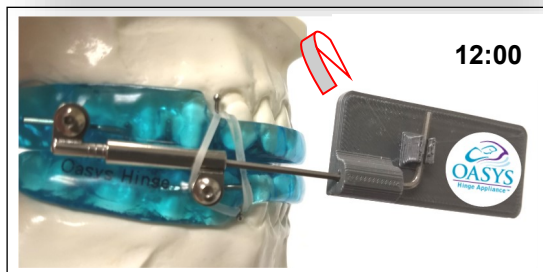
\_\_ ErkoLok HardSoft



FDA 510K  
and  
Medicare  
E0486  
Compliant



OASYS  
Hinge Appliance™



## Advancement Clockwise

One Half Turn = 0.25mm

One Full Turn = 0.50mm

Two Full Turns = 1.00 mm

Starting Scale Line

Right \_\_ Left \_\_

(The Elastics on the New Appliance may cause the scale lines to be at odd lines, but they should be on the same line, Right and Left, unless adjusted by the doctor differently)

Your **OASYS Herbst Hinge Appliance** is **FDA and E0486 Medicare Compliant** for Sleep Apnea. The side hinges are set to hold the lower jaw forward during sleep, but allows the patient to open and close his/her mouth and have some side to side movement his will help to open the airway in back of the throat, while pulling the tongue forward.

**Inserting the OASYS Hinge Appliance**—The Device will be inserted as one piece, placing the upper splint on the upper teeth first and then sliding the lower teeth up into the lower splint. If this device is marked \_\_“Made in ThermoFlex Hard Resin”, it is recommended that you run the device under hot tap water for 5-10 seconds initially, but this may not be necessary with continued wear. This will provide a slight flex in the material so the splints will seat easier. It may be beneficial for you to wear the device while watching TV or reading before going to bed, to get more comfortable having this device in your mouth.

## Titration the OASYS Hinge Appliance

The hinges have anterior advancement holes in the barrel of the hinges and the Tool Tab is used to advance in 1/2 turns clockwise...2 Full Turns = 1mm ). Insert the OASYS Hinge Tool Tab in the barrel of the hinge. (Like a Clock, 12:00 = Tool Position) **For 1/4 mm advancement, Turn Clockwise until the the Gray Tab does not show the Oasys Hinge Logo and is at 6:00. For 1/2mm Advancement, Turn the Tool Tab Clockwise so “OASYS Logo” goes around one full turn and is at 12:00 again. For 1mm advancement, Turn the OASYS Tab Clockwise 2 Full Turns until “the Tool Tab with the OASYS Hinge Logo” is a 12:00.** Turning the screw counterclockwise will decrease the extension of the lower jaw. 5/16"- elastics are included to limit the jaw movement and minimize dislodgement of the splints. The elastics can be changed as needed. The Tool Tab can also be used for periodic tightening of the Screws on each end of the T-10 Hinges.

**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 or discomfort occurs**, you should contact your dentist immediately. **After wearing the appliance all night**, your lower jaw may be in a more forward position and your teeth may come together differently in the morning when it is removed and make take 15-60 minutes to return to a normal position. Massaging the jaws, opening and closing the mouth, doing other exercises, chewing gum or an AM Aligner can help return your bite to a normal position.

**To Clean the Device**, Brush it carefully with a soft toothbrush and anti-bacterial soap. Let the device dry during the day with the lid of the container left open, to minimize odor. An effervescent denture cleaner can be used for 15 minutes. Do not soak in water, bleach, ammonia or peroxide and keep out of reach of dogs! A non-alcoholic mouthwash can be also used for 15 minutes for a fresh taste.

**Follow-Up Sleep Study**—if you have Moderate to Severe Sleep Apnea, you will need to schedule a follow-up sleep study when your dentist agrees with you that you are subjectively feeling and sleeping better with the device. This will verify the effectiveness of the Oral Appliance Therapy and identify if further adjustments, modifications or combination treatment may be needed.