

# OASYS Hinge Appliance

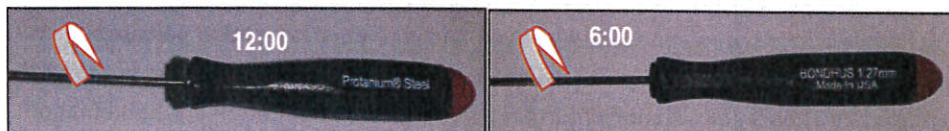
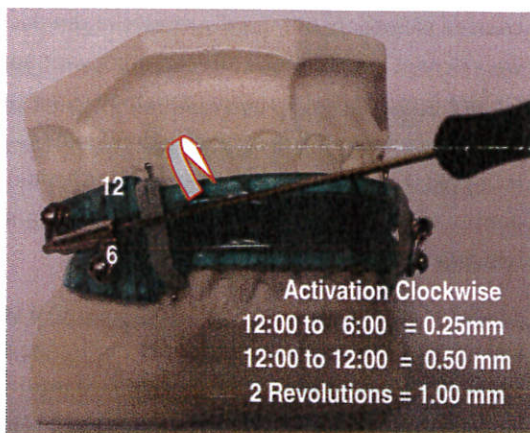
This device is made with ☒ ThermoFlex Hard Resin ☐ Hard Acrylic ☐ Erkolok Hard Soft

(If your device is marked ThermoFlex Hard Resin 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)

**The Oasys Hinge Appliance is FDA and Medicare cleared for Sleep Apnea.** The side, Oasys T-10 Hinges are set to hold your lower jaw forward during sleep, but allows you to open and close your mouth and have some side to side movement. This will help to open the airway in the back of the throat, while pulling your tongue forward.

**Inserting your Oasys Hinge Appliance**—Your device will be inserted as one piece, placing the upper splint on the upper teeth first and then sliding your lower teeth into the lower splint. Initially, it may be beneficial to wear your device while watching TV or reading before going to bed, to get more comfortable having this device in your mouth.

**Adjusting your Oasys Hinge Appliance**—The hinges have anterior advancement holes and the Hex Driver is used to advance the lower jaw in .25 mm increments ... **2 Full Turns Clockwise = 1 mm Advancement.** Activate the hinges only upon the instruction of your dentists.



**Insert the Hex Driver with "Protanium Steel" at 12:00 / "Bondus 1.27 mm" of 6:00**

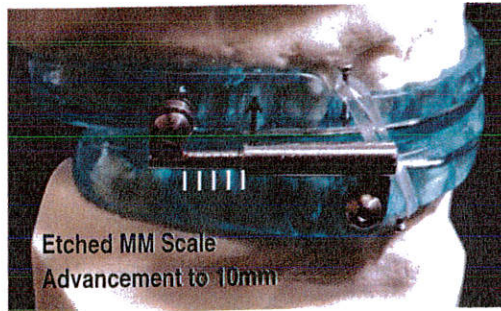
For **1/4 mm** advancement, turn the Hex Driver Clockwise until the Bondus inscription is at 12:00.

For **1/2 mm** advancement, turn the Hex Driver Clockwise for "Protanium Steel" goes around one full turn and is at 12:00 again.

For **1mm** advancement, turn the Hex Driver Clockwise 2 full turns until "Protanium Steel" is a 12:00.

**Turning the screw counterclockwise will decrease the extension of your lower jaw the same increments.**

5/16" elastics are included to limit the jaw movement and minimize dislodgement of the splint. Change to elastics as needed, or you may choose not to use them. Use the Hex Driver for periodic tightening of the Hex Screws on each end of the Oasys 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 occurs, contact your dentist immediately.** After wearing your appliance all night with your lower jaw in a more forward position, your teeth may come together differently in the morning when it is removed and may take 15-60 mins to return to a normal position. Massaging your jaws, opening and closing your mouth, doing other exercises suggested by your dentist, chewing gum or a morning deprogrammer can help return your jaw to a normal position.

**To Clean Your Device,** brush it carefully with a soft toothbrush and anti-bacterial soap. Lay your OASYS Hinge Appliance dry during the day with the lid of the container left open, to minimize odor. A non-alcoholic denture cleaner can be used for 15 minutes. **Do NOT** soak in water, bleach, ammonia, peroxide or Listerine! Keep out of reach of dogs!

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

