Oral appliance therapy is an effective, non-invasive treatment option for snoring and obstructive sleep apnea (OSA) that can easily fit into your lifestyle. The therapy utilizes a custom-fit oral appliance and helps improve your sleep, restore your alertness and revitalize your health.

This oral appliance is designed to be worn only during sleep. It fits like a sports mouth guard or orthodontic retainer and it works by supporting the jaw in a forward position to help maintain an open upper airway. Research shows that oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea, but its effectiveness cannot be guaranteed, and it does not come without any risks.

The use of an oral appliance(s) can result in: pain, movement or loosening of tooth/teeth, loosening or loss of dental restorations, stress or damage to the jaw joints (TMJ), difficulty in opening the mouth or chewing, allergic and/or adverse reaction, excessive salivation, and a change in bite which may resolve over time, but in some cases may be permanent.

Oral appliance therapy is not meant to permanently correct your sleep apnea. The appliance is adjustable and therefore there may be a period of time during initial adjustments before the appliance is effective. Follow-up visits will be necessary to adjust the appliance and ensure proper fit.

This appliance works best for patients with mild to moderate sleep apnea. In the case of severe sleep apnea, multiple therapies may be indicated. A device can be expected to remain intact for 3-5 years, and then will likely need to be replaced. If the device is damaged, repair may require sending the appliance to the lab for several days.

My signature below acknowledges I have read and understand the information provided to me and my questions have been answered.

Patient’s (or Legal Guardian’s) Signature Date

Print Patient’s (or Legal Guardian’s) Name/Relationship Date