

SnoreHookSplint: Patient's Instructions for Use

Indications for Use:

- For the reduction of snoring and medically diagnosed mild to moderate obstructive sleep apnea in persons not younger than 18 years of age.

Device insertion

1. Insert and fully seat the upper tray.
2. Hold the lower tray up against the upper tray (with each of the flat plastic surfaces facing each other), engaging and bracing the lower CrossPlate against the Advancing Hook.
3. Advance your chin forward and while holding the sides of the lower tray steady, slowly close your lower teeth up and into the lower tray. (it's best to do this in a mirror the first few times)
4. If necessary, push the sides of the lower tray down onto your lower teeth as you are biting up into it.
5. "Security Bar" If your SnoreHookSplint includes a "Security Bar" (a thin bar that resides behind the lower CrossPlate), please refer to the accompanying supplement.

Security Bar

If your SnoreHook Splint includes a Security Bar, you must first engage the hook between the lower CrossPlate and Security Bar (rotate the upper device 45degree and insert the hook between the CrossPlate and Security Bar). They realign the two splints and insert into mouth as a coupled unit.

Device removal

1. Hold and brace the sides of the lower tray by placing your thumbs under the bottom edge of the white thermoplastic material.
2. While pushing up with your thumbs on the thermoplastic (thereby stabilizing it and holding it still), quickly open your mouth (lower your jaw). Your lower teeth will pop right out of the lower tray device.
3. To remove the upper device tray, engage the top edge of the thermoplastic on the right and left with your fingers and gently pull down. Alternately pulling force from right to left is beneficial for snugger fitting trays.

Device care

Upon removal each morning, rinse with cool water and gently brush all surfaces with a soft toothbrush, removing all the "slippery-ness". Ensure to store in a place that is inaccessible to pets! (Your dentist may have provided a device container for you). Spraying the devices daily with hydrogen peroxide while they are in storage helps to keep them "fresh". Over time, it is not unusual for the white thermoplastic to become pigmented, either in localized areas, or overall in general. To remove the pigmentation, the devices may be soaked overnight in a 25% bleach solution (1/4 cup bleach, 3/4cup water). Following the overnight soak, rinse completely with cool water and gently brush with a soft toothbrush to remove any "slippery-ness".