

# Oral Appliance Therapy

## 6 Steps for Starting Oral Appliance Therapy

### 1. Screening

Do you have any symptoms?

- Qualified dentists ask a number of screening questions.
- Your height, weight, and blood pressure are taken.
- You might also have an X-Ray or pictures taken of your mouth.

### 2. Diagnosis

Talking with your doctor

- Be prepared for a sleep evaluation and sleep test.
- PAP therapy is the most common treatment for OSA.
- Oral appliances are effective, less invasive and more comfortable.

### 3. Making & Fitting Your Oral Appliance

Personalized for every patient

- Impressions will be taken to make a custom appliance just for you
- Adjustments will be made by your dentist as needed.
- Learning how to properly care for your device is important.

### 4. Getting Your Appliance in the Right Position

Comfort is a top priority

- An open airway and a comfortable fit is the goal.
- You might be asked to run a few tests while you sleep.
- Your physician is kept updated on your treatment.

### 5. Follow-Up Visits

Is the device doing its job?

- Your qualified dentist will schedule yearly assessments.
- These appointments are about making changes if needed.
- The top goal is to make sure you're comfortable.

### 6. Living with an Oral Appliance

Ease of use means ease of mind

- OAT is small, quiet, easy to use and comfortable.
- Getting the right treatment is helping your overall health.
- Qualified dentists can get your treatment right today!

For more information, visit [www.aadsm.org](http://www.aadsm.org)

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