



www.prismadentistes.ca | 514.739.0097

Dear Somnomed user

Thank you for selecting Somnodent therapy

Your Somnodent is manufactured to the highest medical device standards and with supporting independent clinical evidence published since 2001; SomnDent is recognized as the leading medical oral device for the treatment of Obstructive Sleep Apnea (OSA).

These instructions will provide you with useful information on the correct use and care of your SomnoDent device.

Please be sure to read this information carefully and should you have any questions, contact your qualified SomnoMed Dental Sleep Professional.

SomnoMed

Sleep, Breath, Live Better!

Instructions for daily use of your SomnoDent

Inserting the upper plate

Place the upper plate in your mouth, press up on the plate with both thumbs to ensure that it fits securely and comfortably.

Inserting the lower plate

Place the lower plate in your mouth, press down on both sides of the plate using your index fingers to ensure it fits comfortably.

Engaging the fins

Once the upper and lower plates are securely in position, bring your lower jaw slightly forward to allow the fins to engage. Slightly close your mouth until your lips lightly touch each other.

Removal

Always remove the lower plate first. Using your thumbs on both sides gently pull the lower plate in an upward motion to remove. Using both your index fingers and thumbs, gently pull the upper plate down and forward to remove.

Tip: Use lip balm during the first few nights of wearing your SomnoDent

Always clean your SomnoDent after each use!

You may initially experience a mild plastic taste; this will disappear with storage and use.

Warnings

Use of the device may cause:

- Tooth movement or changes in dental occlusion
- Gingival or dental soreness
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation
- Dry mouth
- Pressure to sensitive teeth

Cleaning

Your adjustment tool and cleaning brush are located in the maintenance kit underneath the travel case.

- Rinse your SomnoDent in cold or lukewarm water. Then clean with the brush provided and a mild detergent such as liquid soap. Then rinse well.
- Do not use toothpaste, as it contains abrasives, which may damage the device and its components.

Advice on cleaning

Some denture cleaning tablets containing active oxygen may damage your SomnoDent. Ensure that you use a partial denture cleaner.

Once a week soak your SomnoDent in a partial denture cleaner for 5 minutes, then rinse and store in water.

Never use hot or boiling water!

Hot or boiling water damages your SomnoDent and this will invalidate the warranty.

Storage instructions

Always store your SomnoDent in a container of clean water when not in use. A travel case is included for your convenience.

By storing in water the material will not dry out and will help prevent cracks, corrosion and possible discoloration of the metal components (caused by build-up of salts and saliva). The device should be fully submerged.

When travelling, protect your device by placing it inside the SomnoDent travel case (without water).

Regular inspection of your SomnoDent

Regularly inspect the device for signs of damage and cracks. If the device is damaged, immediately take it to your SomnoMed dental sleep provider who will arrange for it to be repaired by a SomnoMed laboratory.

Take your SomnoDent with you to your regular dental check-ups.

Repair of damaged devices

Damaged or broken devices must not be used any longer in order to avoid injury. Immediately contact your SomnoMed dental sleep provider, who will arrange for the device to be repaired by an authorized SomnoMed laboratory.

Repairs, including those under warranty, should be taken to your SomnoMed dental sleep provider, not sent directly to SomnoMed.