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Mandibular Repositioning Appliance

You have just received what we call a mandibular reposition appliance (MRD) for sleep apnea and or snoring. The splint has been adjusted to anatomically fit your bite. The purpose of the MRD is to advance your lower jaw which in turns pulls the back of the tongue away from you throat area. The result is to open the upper area and allow an easier and more natural flow of air while you are sleeping. Many patients report it to be very comfortable and convenient. There is however a fine balance between how far the jaw can move forward before causing pain with the temperomandibular (jaw) joints. If you do notice any pain within the jaw joints, please advise us so we can make appropriate adjustments. There are a few dos and don'ts regarding the splint that you should pay particular attention to. They are as follows:

- Do not eat with the splint in your mouth. This could cause it to break.
- Do wear it only while sleeping. Exceeding this amount of time could cause orthodontic changes in your bite. It provides no benefits during your awake hours.
- Do clean the splint daily with a toothbrush and toothpaste. As with anything in the mouth, plaque and debris will accumulate on it.
- Do store the splint in the case provided. These splints can easily be lost (especially if wrapped in a napkin). The appliance can break if left unprotected.
- Often times, further adjustment will be required.
- Do not wear the splint if you develop new pain. This is not a case of "no pain, no gain" rather it indicates that perhaps the splint needs further adjustment.
- *Do call us if you have any questions concerning the splint or your progress.*

Dr. Levin and Staff