

# SNORING APPLIANCE THERAPY

Our office provides sleep appliances that are intended to treat snoring. We use a couple of different appliances. The appliance we feel does the best job is a product made by a single laboratory in Canada. The appliance keeps your lower jaw in a more forward position, which keeps the tongue from obstructing the airway. This is the major cause of snoring.

We have provided this service for a number of our patients. It has been nearly 100% successful in substantially reducing or eliminating snoring in our patients. While this is certainly encouraging, we cannot guarantee that it will work for you, nor can we guarantee that you will be able to wear the appliance.

Risks involved in wearing any dental appliance include but are not limited to joint pain or changes in the bite. Each appliance includes an additional appliance to be used for a few minutes each morning as an isometric exercise to reduce the chances of changes to the jaw or joint. While I mention these risks, we have only had a single patient have any difficulty with her bite while wearing the appliance.

The manufacturer also claims that this appliance treats sleep apnea. It may. The only way we can determine if your apnea is being treated here is by having a sleep study done with and without the appliance. It is certainly possible that this appliance can aid your apnea but I do not make that claim.

The cost of the appliance is \$1,500 as of November 2011 and is payable prior to the fabrication of the device. It cannot be billed to dental insurance. You may be able to seek reimbursement from your health insurance carrier. We will be happy to provide any documentation.

You can also use any medical flex accounts for this service. It takes two-three weeks for the device to be fabricated. Impressions and a bite are all that are necessary.

If you have any further questions, please feel free to ask.