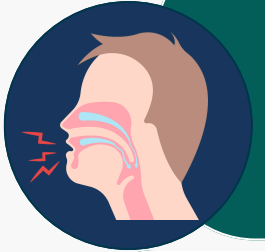


5 Questions to Ask Before Starting Oral Appliance Therapy for Sleep Apnea



Do you follow the AADSM's standards for practice?

The AADSM standards of practice for oral appliance therapy outline best practices for treating obstructive sleep apnea with oral appliance therapy. The standards are based on a review of scientific literature and the consensus of clinical experts. Qualified dentists are the best providers for oral appliance therapy as they must make clinical judgments based on the conditions presented by each patient, which requires extensive training.

Are you using an FDA-cleared oral appliance that meets the AADSM's definition of an effective oral appliance?

There are many FDA-cleared appliances available that claim to treat OSA; however, the FDA monitors device safety and does not evaluate whether the device will be effective. To provide guidance, the AADSM has defined the characteristics of an effective oral appliance based on a review of scientific literature and the consensus of clinical experts. It is important to use an appliance that the FDA has judged to be safe to use, meets AADSM guidelines for effectiveness, and is selected for you by a qualified dentist.



Will this cure my sleep apnea?

The AADSM cautions dentists from making any claim that they can cure sleep apnea. The FDA has not approved any dental device to cure sleep apnea. Oral appliances are worn while you sleep. They treat sleep apnea by stabilizing the jaw to keep the upper airway open, but you still have sleep apnea and need to use the oral appliance every time you go to sleep to benefit from this therapy.

What side effects should I anticipate and who will treat them?

Before deciding on oral appliance therapy, you should understand what an oral appliance is, how it works, the benefits of treatment, potential side effects you may experience, and other treatment options. Your qualified dentist will review this information with you, give you an opportunity to ask any questions you may have, and should also provide the information in writing. If you experience any discomfort with your oral appliance, your qualified dentist will help correct any problems. Avoid obtaining an oral appliance from a provider who indicates that they do not treat potential discomfort and side effects and will send you to a different provider if those issues arise.



What follow-up care will you provide?

An important part of oral appliance therapy is the follow-up care that your qualified dentist provides. Once you receive your oral appliance, the dentist should work with you to get the appliance in the best position to comfortably and effectively treating your sleep apnea. Then you should expect to schedule regular follow-up appointments with your qualified dentist for as long as you use your oral appliance. During these appointments, your dentist will make sure the oral appliance is working and is comfortable. If you ever experience any pain or discomfort with your appliance, contact your qualified dentist right away.

WHAT IS AN ORAL APPLIANCE?

Oral Appliances for Sleep Apnea:

ARE FDA-CLEARED TO TREAT SLEEP APNEA AND SNORING.

The FDA looks at the safety of a medical device. When a device, such as an oral appliance, is cleared or approved by the FDA, that device is deemed safe for use. Patients can verify that their oral appliances are FDA-cleared [here](#).

ARE A PROVEN, EFFECTIVE TREATMENT FOR SLEEP APNEA AND SNORING.

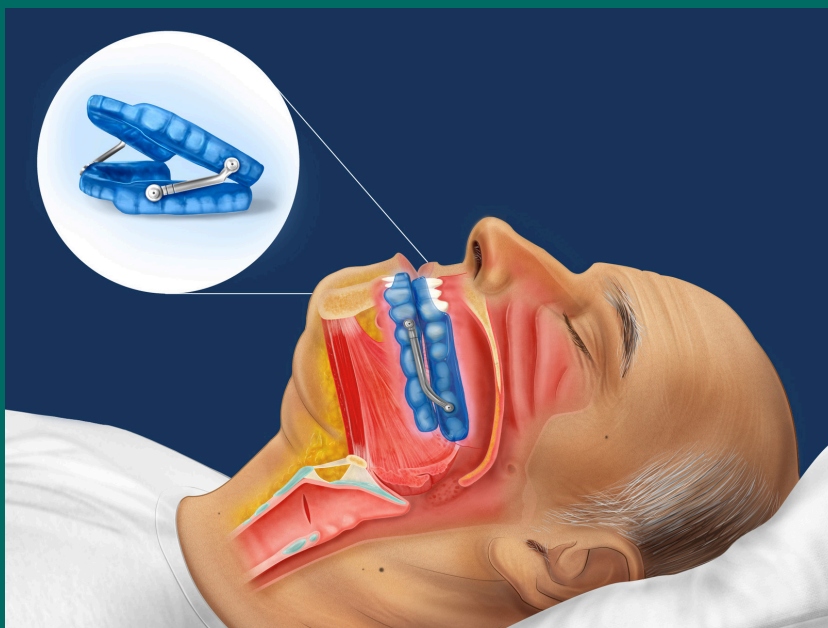
Oral appliances are safe, effective, and clinically proven to treat sleep apnea. These devices are recommended as a treatment option by many physician organizations (AASM, ACP, AAFP + the AHA).

ARE ONLY WORN WHILE YOU SLEEP.

Oral appliances for sleep apnea all work essentially the same way to stabilize the jaw in a forward position to keep the upper airway open. They are not intended to permanently change a patient's skeletal, palate, or jaw structure. In fact, with oral appliances, tooth movement is considered a potential side effect that your dentist should discuss with you and keep an eye on.

ARE USUALLY COVERED BY MEDICAL INSURANCE.

Medicare and other medical insurers commonly reimburse for oral appliances for sleep apnea. Oral appliances for sleep apnea are not typically covered by dental insurance.



Learn more at DentalSleep.org