

**INFORMED CONSENT
DENTAL APPLIANCE FOR SLEEP APNEA**

Because sleep apnea is a medical disorder with serious health implications, all patients are advised to consult with their physician or sleep disorder specialist for diagnosis of their snoring and sleep apnea condition before treatment with a dental appliance is begun. Narrowing of the air way occurs during sleep which restricts the passage of air resulting in snoring and or obstructive sleep apnea (OSA). The reduced amount of oxygen to the brain disrupts the normal sleep cycle. In severe cases, the air way is completely closed and breathing temporarily stops, a potentially life threatening event.

Dental appliances are designed to assist breathing by keeping the tongue forward, thereby opening the airway space in the throat. By advancing the mandible forward, the tongue is brought forward. While documented evidence exists that dental appliances have reduced snoring and sleep apnea, there are no guarantees that a dental appliance will be successful for everyone. A number of factors contribute to the problem. Patients with mild to moderate sleep apnea are better candidates for a dental appliance and most comment that sleeping with the appliance helps them feel more rested and alert during the day in addition to cessation of snoring.

Short-term side effects of the dental appliance are excessive salivation, sore jaws, sore teeth, jaw joint pain, dry mouth, loose teeth and changes in bite and dislodgement of ill-fitting dental restorations. Most of these effects are minor and resolve on their own. Long-term complications after three years of continuous wear may result in permanent bite changes that may not resolve by discontinuing the appliance. The appliance we have selected minimizes these dental effects by it's sturdy construction however, long-term protraction of the lower jaw can induce anatomical changers in the jaw joint itself thus changing the original occlusion of teeth. If unusual symptoms occur or if pain medications are required, it is recommended that you cease using the appliance until you are evaluated further. We are not responsible for any of these complications should they arise.

The only objective measure whether the appliance is helping sleep apnea is to have a follow up sleep monitoring test. Home over night testing units are now available which make this study far less costly. Subjective evidence is that you wake up feeling rested and snoring subsides

Please sign below indicating that you have read and understand this information concerning dental appliances for the treatment of snoring and apnea, and that you are willing to accept any and all risk known and unknown involved in wearing a dental appliance.

Signed _____ Date _____

Print Name _____