



Tasmania Snoring & Sleep Apnea Oral Appliance Centre

Sydney Snoring & Sleep Apnea Oral Appliance Centre

## Informed Consent for Snoring & Sleep Apnea Oral Appliance Therapy

### Diagnosis of Obstructive Sleep Apnoea:

It is ideal for a diagnosis of sleep pathology from a registered Sleep Disorders or Respiratory Physician. You ideally should bring in a recently diagnosed sleep report within the last 5 years or we can issue a simple and easy to use new one. Very rarely an additional sleep study may need to be conducted or referral to another physician. Quite often we will be in contact with your physician and send them a referral letter about the update to your sleep apnea treatment program.

### Treatment:

Oral appliance therapy has been scientifically proven to be effective in treating snoring and obstructive sleep apnea, and recent evidence suggests that the first line of therapy should be with an oral appliance. On occasion, patients may get better results with an additional CPAP machine available to switch back and forth between the CPAP machine and an oral appliance such as when they would like a break or when they are on holidays.

Several factors contribute to the snoring / sleep apnoea problem such as nasal obstruction and excess weight constricting the airway. Since each person is different with an individual set of factors, an oral appliance may not reduce snoring in everyone. While such factors will be assessed prior to treatment, the effect of these factors can be somewhat unpredictable. The large majority of people find dental sleep appliances comfortable; however like anything new, it does require some patience and perseverance to get used to. Please call us immediately if you have any questions on using the appliance or are facing any challenges. You will also be provided with a comprehensive instruction booklet on how to use the appliance. In very rare cases some people, due to a high level of sensitivity of their teeth and oral cavity, may not be able to tolerate the appliance in their mouth. In this instance, quite often a few simple adjustments makes the appliance more comfortable. After all available alleviating options are exhausted, in the event that you cannot tolerate an oral appliance, we are pleased to offer a satisfaction guarantee for this (see below).

### Risks:

There are temporary side effects such as excessive salivation, dry mouth, sore jaw joints or muscles, or discomfort to teeth and gums. There is a possibility that temporary or in some cases permanent bite changes may occur, requiring treatment. It is of utmost importance to use the morning aligner given to you to wear in the mornings to help offset and reduce the risk of permanent bite changes. Your instructions are provided with your appliance and if you are unsure or having challenges in wearing the appliance, please contact us directly or email us. It is extremely rare for an oral appliance to have an impact on a sound filling or a well fitted and designed crown, bridge or implant. Large fillings, crowns and bridges that have not been adequately designed or fitted may be loosened by an oral appliance. If any of your teeth or existing dental prosthesis do become loose during the fitting process, it may indicate that they have been inadequate or destined to break soon, as all dental should be able to withstand high natural forces in the mouth. The forces from impression taking and oral appliances on teeth are low compared to normal chewing forces in the mouth and in fact such appliances are designed and used to protect teeth. Naturally as expected, our clinic takes no responsibility for the cost of dental treatment for teeth and restorations that are damaged from using an appliance or during any of the fitting appointments. We highly recommend you see the Dentist every 6 months to check and maintain the teeth to prevent any dental issues arising, which may ultimately affect the fit of the appliance.

### Regular Reviews:

It is important that you book regular dental appointments at our clinic or at the dentist of your choice after receiving your appliance. Booking an appointment with us will ensure it remains effective and to monitor responses of the jaw joint and assess for any bite changes. Booking with a dentist at our clinics or one of your choice is important to ensure your teeth remain healthy, which also will provide support for your appliance. We recommend 6 monthly regular checkups and cleaning of the teeth. The appliance can also be checked for any excessive wear or damage. If any symptoms occur it is recommended that the appliance not be worn until clinical evaluation is performed where you may also require a consultation with a sleep physician. The physician will conduct a medical exam which includes an assessment of the impact of sleep apnoea on your health, and other possible causes for airway obstruction. Strategies will be provided that can minimise snoring and sleep apnoea thereby helping treatments such as dental sleep appliances to be more effective. As sleep apnea can worsen over time, these strategies can be important in preventing this deterioration occurring.

### Satisfaction Guarantee (Deep Dream Nylon Appliance Only):

Our Satisfaction Guarantee policy is provided which includes receiving 80% of your out of pocket costs after 3 or more appointments of genuinely attempted adjustments within the first 90 days of appliance issuance. You also receive a 3 year breakage warranty if the appliance has broken within your mouth.

### Patient Consent:

I have read and understand the conditions and information set out in this consent form and I am willing to accept any and all risks involved in using an oral appliance. I authorize treatment and confirm that I have received a copy of this consent form.

Name:

Date:

Signature: