

Titration Instructions

How much titration should the dentist use in advancing patients?

Patients should be advanced in tolerable levels without causing excessive TMJ discomfort; minor jaw pain early in advancement is not abnormal. Small adjustments as little as 0.5mm at a time are enough to gain results in some patients. Alternatively some patients can tolerate 2mm advancement with no discomfort; this is individually specific and should be viewed on a case by case basis. ALWAYS advance both screws by an equal number of turns.

How many turns of the titration screw does it take to advance the mandible 1mm?

The screw on the adjustable device requires 10 winds to equal 1mm of expansion. One "wind" is considered to be a single insertion of the provided key and turn in the direction of the arrow until it can turn no further. One wind equates to a 90° rotation of the key housing and 0.1mm of movement.

How far can I wind the screw?

The screws are capable of a total 6mm expansion. SomnoMed issues the upper appliance with the screws advanced 0.5mm (bite record remains unchanged). A further advancement of 5.5mm is available. Should the screws be wound out until they disengage (55 winds) the key will continue to wind without forward movement. This is a safety feature to ensure components cannot come off and into the mouth. The screws may be wound back from issue or retruded 0.5mm if bite registration was taken too far forward. SomnoMed recommends that screws are only advanced up to a maximum of 5mm (50 winds) from issue.

What if I forget how far I have wound the screw?

Keep records. If you are unsure how many winds you have activated on the screw there is a simple method to recover the original bite setting. Gently wind the screws (both screws) back until they provide a small amount of resistance and will not wind any further. DO NOT continue winding when screws provide resistance as you may damage the screw and/or its housing. Once at this point, 5 winds in the direction of the arrow on both sides will return the appliance to its original bite record.

SomnoMed Limited

Level 3, 20 Clarke Street
Crows Nest, NSW 2065

www.somnomed.com.au

