

Instructions for Care and Use of the ProSomnus IA Device

Care and Cleaning of the Appliance:

- Clean the appliance daily with a toothbrush and gentle liquid soap.
- Rinse thoroughly and dry your appliance completely.
- Daily soaking of the device is NOT recommended.
- When the appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. This is especially important if you have a dog as they love to chew it!
- Note: Mouthwash, bleach solutions, denture cleaners, or abrasive toothpaste may harm the device.
- Store in a cool, dry place and ensure that the device is not exposed to extreme temperature in excess of 60 degrees C or 140 degrees F.
- Failure to follow these instructions could result in damage to your appliance and loss of warranty.

Insertion and Removal of the ProSomnus IA Device:

- **Always brush your teeth thoroughly before use.**
- To **INSERT** your ProSomnus IA, place the upper portion (U0) in your mouth, press up on the upper portion with both thumbs to ensure that it is seated securely on your upper teeth. Place the lower portion (L0) in your mouth. Press down on both sides of the lower portion using your forefingers to ensure it is seated securely on your lower teeth. Once the upper and lower portions are securely seated, bring your lower jaw slightly forward to allow the repositioning posts to engage. Slowly bite down to bring your lower jaw into a closed position and allow your lips to close over the appliance.
- To **REMOVE** your ProSomnus IA, always remove the lower portion first. Place your thumbs on the lower edge of the appliance on both sides and gently push the lower portion upward in a rocking motion to remove it. To remove the upper portion, place your fingers on the edge of the device and gently pull down in a rocking motion.
- Note: Do NOT remove one-handed as this will place unnecessary torque on the arch frame and can cause breakage.
- Always wear both the upper and lower arches together. Never wear individual arches only.

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Adjusting Your Jaw Position with the ProSomnus IA Device:

- We are hopeful that you will notice an immediate improvement in your symptoms; however, it is usually necessary to advance the jaw slowly over a period of time by changing the upper and lower appliance units to improve the effectiveness of the device and maintain the comfort of your jaw and teeth. Your ProSomnus IA device comes with several different combinations of appliance units.
- Listed below is the sequence of appliance units to use:
 - 4 series appliance units:**
 - Step 1. Upper 0 and Lower 0
 - Step 2. Upper 0 and Lower 1
 - Step 3. Upper 2 and Lower 0
 - Step 4. Upper 2 and Lower 1
- You will begin with the step 1 appliance units. You will wear these appliance units for at least one month to allow your jaw and teeth to become comfortable with the device in place at night. Monitor your snoring, daytime sleepiness, and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw by changing to the step 2 appliance units, and then monitor your symptoms for 1 week. If after one week the symptoms continue, advance the jaw by changing to the step 3 appliance units, and proceeding similarly to step 4 if needed. Additional appliance units will be available if further jaw advancement is indicated.

New Dental Work After Your Appliance Has Been Fit:

- If you have any new fillings, crowns, bridges, or implants after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

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