Precautions

It is imperative to undergo some type of objective sleep testing (with a home sleep testing appliance or an overnight-attended PSG PolySomnoGram-diagnostic sleep test), to evaluate how well your appliance is working.

- Performance of your appliance may be adversely affected by: weight gain, obesity, alcohol consumption, sedative use, smoking, very high altitudes, aging, hormonal changes, menopause, a cold, or sickness that compromises nasal breathing.
- Be sure to keep the expansion screws clean. Examine them often for signs of wear and tear. If you suspect that damage has occurred, DO NOT wear your appliance until you contact your dentist and have your appliance inspected.

Warranty

The TrueFunction® Adjustable Herbst Appliance is warranted by True Function Dental Laboratory employed by your dentist. This is a manufacturer warranty and is not a claim for eliminating snoring or improving your obstructive sleep apnea. If your appliance is broken or damaged, discontinue using it and contact your dentist immediately for repair. Please refer to our website for additional warranty information: www.truefunction.com

INDICATION FOR USE STATEMENT

The use of TrueFunction® Adjustable Herbst Appliance is intended to reduce or alleviate snoring and mild to moderate obstructive sleep apnea (OSA) in adults.

The TrueFunction® Adjustable Herbst Appliance is a prescription only appliance, that is customized by True Function Laboratory to dentist specific instructions. It is inserted and removed by the patient and adjusted by the prescribing dentist.
Care and Cleaning of Your Appliance

*Store the appliance in its storage box at room temperature, away from direct heat and humidity. Do not leave it outside of the box within reach of children or pets.*

Over time, the appliance might change color depending on acidity of your saliva and how well you take care of it; discoloration will not effect the efficacy of your appliance. With proper care, this appliance will last years, barring any significant changes in your teeth. Consult your dentist with questions on continuing use of this appliance.

1. After each use, rinse your appliance in cold or lukewarm water.
2. Gently brush all surfaces with a mild soap and soft toothbrush.
3. **DO NOT USE TOOTHPASTE.** It will scratch the appliance.
4. Gently rinse your appliance with cool clean water.
5. Allow your appliance to air-dry after each cleaning with a clean tissue or towel, and place it back in the storage container.

Additional Care and Cleaning Instructions

Two to three times a week you should clean your appliance more thoroughly. Use an over-the-counter sonic cleaner and an antibacterial tablet specially designed for dental appliances and follow the manufacturer’s instructions. See your dentist at the following intervals after receiving your appliance:

- **Week 1** - to make any necessary adjustments for the fit and positioning - under the direction of your dentist, the patient can be advised to make additional adjustments (see Appliance Advancement Mechanism section)
- **Month 1 to 3** - to evaluate your teeth and appliance and to make any necessary adjustments in jaw position
- **Month 6** - to check progress with the appliance and address any of your concerns
- **Annually** - to inspect teeth and appliance to minimize possible side effects and to make any necessary appliance repairs or adjustments

The maintenance care regimen is very important. Regular follow-up visits to your dentist ensures a proper fit for the best possible treatment with the appliance. Dry your appliance after each cleaning with a clean tissue or towel, and place it back in the storage container.

**CAUTION:** Never use chlorine based products, bleach or acetic acid
- Never put appliance in water warmer than 45°C/113°F
- Never use mouthwash to clean your appliance.

Appliance Advancement Mechanism

The dentist can advance the device using the orthodontic expansion key enclosed with the device. You can also advance the device, if needed, under the care of the dentist.

**Device Advancement Mechanism**

- Each arm has a turnbuckle towards the front where it attaches to the lower tray. There are four holes along the outside of the turnbuckle and each hole is equal distance from the next.
- Next to the expansion hole are marks with the (+) and (−) symbols. The (+) means protrude or advancement; the (−) means retract or retraction.
- A full 360 degree turn on a single hole equals 1/4 mm of advancement.
- A half turn (from the bottom to the top or top to bottom in direction of the (+) symbol equals 1/8 mm.
- A quarter turn (every time next hole appears) equals 1/16 mm.
- Maximum advancement is 5 mm.

**Advancing the device**

- To protrude/advance the mandible:
  - To bring the arm forward, place the expansion key into hole and rotate in the direction of the (+) symbol.
  - Every time a new hole appears in the position of the hole being turned, the advancement is 1/16 mm.
  - Expand both arms the same amount to make symmetrical adjustments (protrusion).

Contraindications

The appliance is contraindicated for patients who:

- Have central sleep apnea
- Have severe respiratory disorders
- Have loose teeth or advanced periodontal disease
- Are under 18 years of age
- Have few or no teeth to retain the appliance
- Have inadequate range of motion of your lower jaw
- Have myofacial dysfunction (facial pain)
- Have degenerative arthritis of the TMJ (arthritis of the main jaw joint)
- Are undergoing orthodontic treatment
- Are undergoing dental work that requires temporary crowns