



HELENA FAMILY DENTISTRY

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Mandibular Advancement Device (MAD) - Sleep Appliance

A dental sleep appliance is a mandibular advancement device (MAD) intended to treat snoring and mild to moderate obstructive sleep apnea. This device is worn while sleeping to support the lower jaw in a forward position to open the airway and improve breathing. It can be worn as an alternative to CPAP use or can be used in addition.

General Information

- When first wearing a MAD, soreness may be felt in the jaw, teeth, and gums for several days. If these symptoms persist please contact the office to determine if adjustments need to be made to the device.
- If snoring persists, the advancement connectors can be changed to increase the airway opening.
- If breakage of the advancement connectors occurs, replacements are available at the office.
- In some people, tooth movement may occur with long term use of a MAD. **To prevent unwanted orthodontic movement, it is essential to use an AM Aligner daily**, which we will fabricate for you as well. If any orthodontic changes are noticed, contact the office as soon as possible.

Cleaning Instructions

- Clean by using [EverSmile Guard Cleaner](#). Thoroughly rinse the inside and exterior of the upper and lower splints in clean, cool water.
- Shake off excess water and allow it to air dry. Once the device is dry, store it in the storage case. Storage in the case is especially important if you have pets, as the devices are a favorite chew toy
- Do not - soak the device in mouthwash, denture cleaner, or hot water.
Do not - wash the device with soap, toothpaste, or mouthwash.
Do not - dry with a blow dryer or store in direct sunlight.