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Dear Patient,

You have just received your oral sleep apnea/snoring device. Initially, when the Tongue Retaining Device (TRD) is placed in your mouth you will find it cumbersome. There will be an increase in salivary flow for the first few weeks of use which will slowly subside. Some patients experience minor gagging or difficulty swallowing, but these sensations are not permanent. After wearing the appliance all night it is common to have some tongue discomfort. Most patients experience little if any discomfort after a few weeks of adapting to their intra-oral sleep apnea device.

The appliance can cause soft tissue irritation, especially under the tongue. It is to be expected that the appliance will be dislodged at least once a night and have to be replaced in the mouth.

Use of this appliance when you have nasal congestion is difficult and may not be possible. Sleeping on your side and weight loss increase the effectiveness of a TRD.

Cleaning your intra-oral sleep apnea appliance should be done each morning with a toothbrush and toothpaste, brushing all surfaces - inside and out. Use of ORAL SAFE™ soaking solution, available from Great Lakes Laboratory in Tonawanda ,New York, will keep the TRD clean and odor free: (800) 828-7626. Soft appliances may be stored dry.

Please call my office at (617) 964-4028 and make an appointment for reevaluation. Routine appointments for adjustment of the device consist of a series of appointments over 3-4 months.

Be careful that you do not leave the appliance anywhere that a pet can reach it. Dogs find them wonderful chew toys and replacement of the appliance is not covered by medical insurance.

If you have any questions about the use and care of you intra-oral sleep apnea / snoring device please do not hesitate to bring them to my attention at your next appointment or by calling the telephone number at the top of the page or sending an e-mail.