

# SomnoDent Treatment Consent

## Explanation

Snoring and Obstructive Sleep Apnea (OSA) are breathing disorders, which occur during sleep, due to the narrowing or total closure of the airway.

## Snoring

Is the noise created by the partial closure of the airway and is often no greater problem than the noise itself. However, consistent loud snoring with OSA symptoms has been linked to medical disorders such as hypertension (high blood pressure) and stroke.

## OSA

Occurs where the airway totally closes many times during the night. It can significantly reduce oxygen levels in the body and disrupt sleep. To varying degrees, this can result in excessive daytime sleepiness, irregular heartbeat, hypertension, and occasionally heart attack and stroke. **If you suspect that you have symptomatic snoring or OSA, you should consult your general medical practitioner.**

The SomnoDent MAS™ is effective in the treatment of snoring and OSA. It assists breathing by keeping the lower jaw and tongue forward during sleep, which opens the airway space in the throat. The SomnoDent MAS™ has substantially reduced snoring and OSA for many people, but there is no guarantee that the therapy will be successful for every individual.

Several factors contribute to snoring and OSA, including nasal obstruction, narrow airway space in the throat and excess weight. Other accepted treatments for snoring and OSA that should be considered by sufferers, include lifestyle changes (e.g. weight loss), behavioral modification, continuous positive airway pressure ('CPAP') and surgical procedures.

## Possible Complications

The SomnoDent MAS™ is a two-piece, custom made mandibular advancement appliance that is only worn at night. Some patients may not be able to tolerate the SomnoDent MAS™ or any other device in their mouths.

Some patients may develop temporary side-effects such as, sore jaw joints; excessive salivation; dry mouth; sore teeth; irritation of the soft tissues in the mouth and/or a slight change in their bite. In some cases, a permanent 'bite' change may occur. If any unusual symptoms or side effects occur **you must contact your dentist immediately.**

**Length of treatment**

The SomnoDent MAS™ is a mechanical device to keep the airway open during sleep. It does not cure snoring or OSA. It must be worn each night to be effective.

Snoring may develop into OSA and it is possible that the appliance may not maintain its effectiveness over time and needs to be checked at least twice a year by your dentist to ensure proper fit and effectiveness.

**Unusual Occurrences**

As with any form of medical or dental treatment, unusual occurrences can and do occur. Broken or loosened teeth; dislodged dental restorations; sore mouths; gum disease; deterioration of tooth structure; non-vital teeth (dead teeth); muscle spasms and ear problems are examples of possible unusual occurrences. **These complications are unusual and infrequent.**

Additional medical and dental risks that have been mentioned may occur, but are unlikely to. If any unusual symptoms occur, you should cease using the appliance immediately until you see your dentist or doctor. Please call the surgery/practice if you have any questions or problems regarding treatment.

- **I have been assessed for snoring and/or OSA and understand that I should be examined by my medical GP and that I may also need to have a sleep study performed.**
- **I have read and understood the conditions and information in the Consent Form.**
- **I have discussed the information contained in this Consent Form concerning the SomnoDent MAS™ with my dentist.**
- **I have had explained to me the cost of the treatment and I accept responsibility for that cost.**
- **I have received a signed copy of this Consent Form and authorize my dentist to provide me with treatment using SomnoDent MAS™.**

Patient Name:.....

Patient Signature: .....

Date:.....

Witness Name:.....

Witness Signature:.....

Date:.....

Dentist Name: .....

Dentist Signature:.....

Date:.....