

# MODERN DENTAL SLEEP SOLUTIONS. OVENTUS™ SLEEP APPLIANCES.



## TITRATING YOUR O<sub>2</sub>VENT™ T DEVICE WITH AN ADJUSTMENT KEY

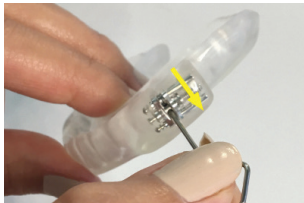
- Adjustments should always be made with both Upper and Lower Trays engaged, whilst in the mouth.
- To pull your lower jaw forward with the appliance in the mouth, turn the Adjustment Key counter clockwise (towards your left ear).
- To return your lower jaw to the starting position with the appliance in the mouth, turn the Adjustment Key clockwise (towards your right ear).
- Take a few nights (up to one week) to get used to having the device in your mouth.
- If snoring persists then position lower jaw forward with a maximum of two full turns per night until symptoms resolve.
- If pain or discomfort arises then reverse the last turn and continue to position the lower jaw back until resolved. If the pain does not resolve, remove the device and seek advice from your Clinician.

**NOTE:** One full turn using the Adjustment Key is 360°. This will adjust the pitch of the screw by 0.5mm resulting in a 0.5mm titration. The screw should be adjusted a maximum of 1mm per night (ie 2 full turns of the adjustment key). Once the screw is at the end of the titration, do not use the Adjustment Key further to tighten the screw. This may snap the screw in the device.

For more info, call 877-711-8778 or visit [moderndentalusa.com](http://moderndentalusa.com)

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## TITRATING YOUR O<sub>2</sub>VENT™ W DEVICE USING THE ADJUSTMENT KEY



### FORWARD ADJUSTMENT:

To pull your lower jaw forward, insert the adjustment key into the keyhole of the adjustment screw and turn in the direction of the arrow.

- Adjustments should be made with the appliance removed from the mouth. The lower tray can be adjusted without the upper tray attached.
- Take a few nights (up to one week) to get used to having the device in your mouth.
- If snoring persists then position lower jaw forward using the adjustment key as advised by your Clinician until symptoms resolve.
- If pain or discomfort arises then reverse the last turn and continue to position the lower jaw back until resolved. If the pain does not resolve remove the device and seek advice from your Clinician.
- Ensure that the same number of turns are performed on each side.



### BACKWARD ADJUSTMENT:

To return your lower jaw to the starting position, insert the adjustment key into the keyhole of the adjustment screw and turn in the opposite direction to the arrow.

**NOTE:** Your device can be adjusted within a 6.0 mm range. One turn (top to bottom) using the Adjustment Key is 90°. This will adjust the pitch of the screw by 0.1 mm resulting in a 0.1mm titration.

The screws will only allow a 90° turn in one full adjustment. Adjustments should be made with the adjustment key pointed towards you with the view of the key hole of the adjustment screw. **Note to count your turns.**

**Both sides should always be adjusted equally.** Once the screw is at the end of the titration, do not use the adjustment key further to tighten the screw. This may lock or snap the screw in the device.

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