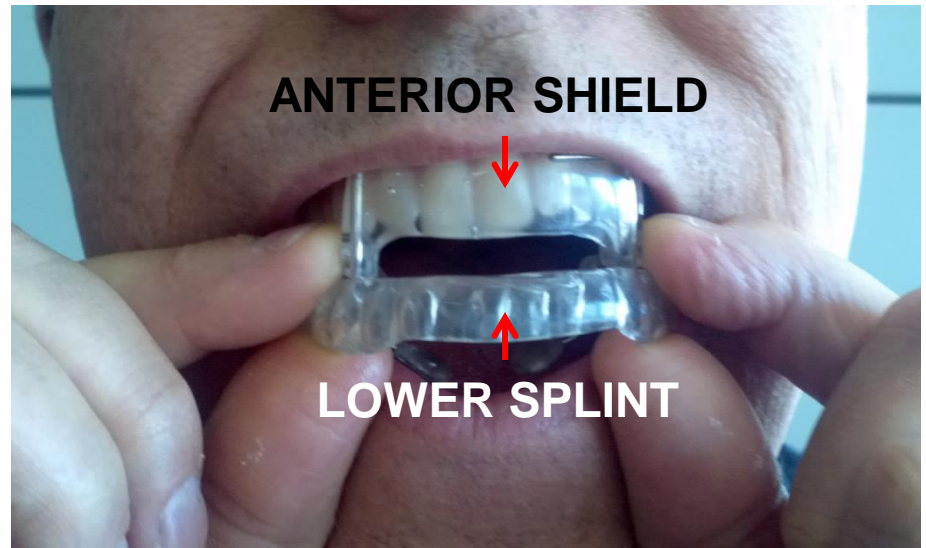


Inserting the OASYS

Positioning the Anterior Shield



- Seat the Upper Splint / Cushion First
- Holding the Shield, Dip the Lower Splint in Hot Microwave Water for 3 Seconds to aid the ThermoFlex Splint to Seat
- Place the Shield with the Nasal Dilators in Front of the Anterior Teeth
- Bring the Lower Teeth Up into the Lower Splint and Close His Mouth to Fully Seat

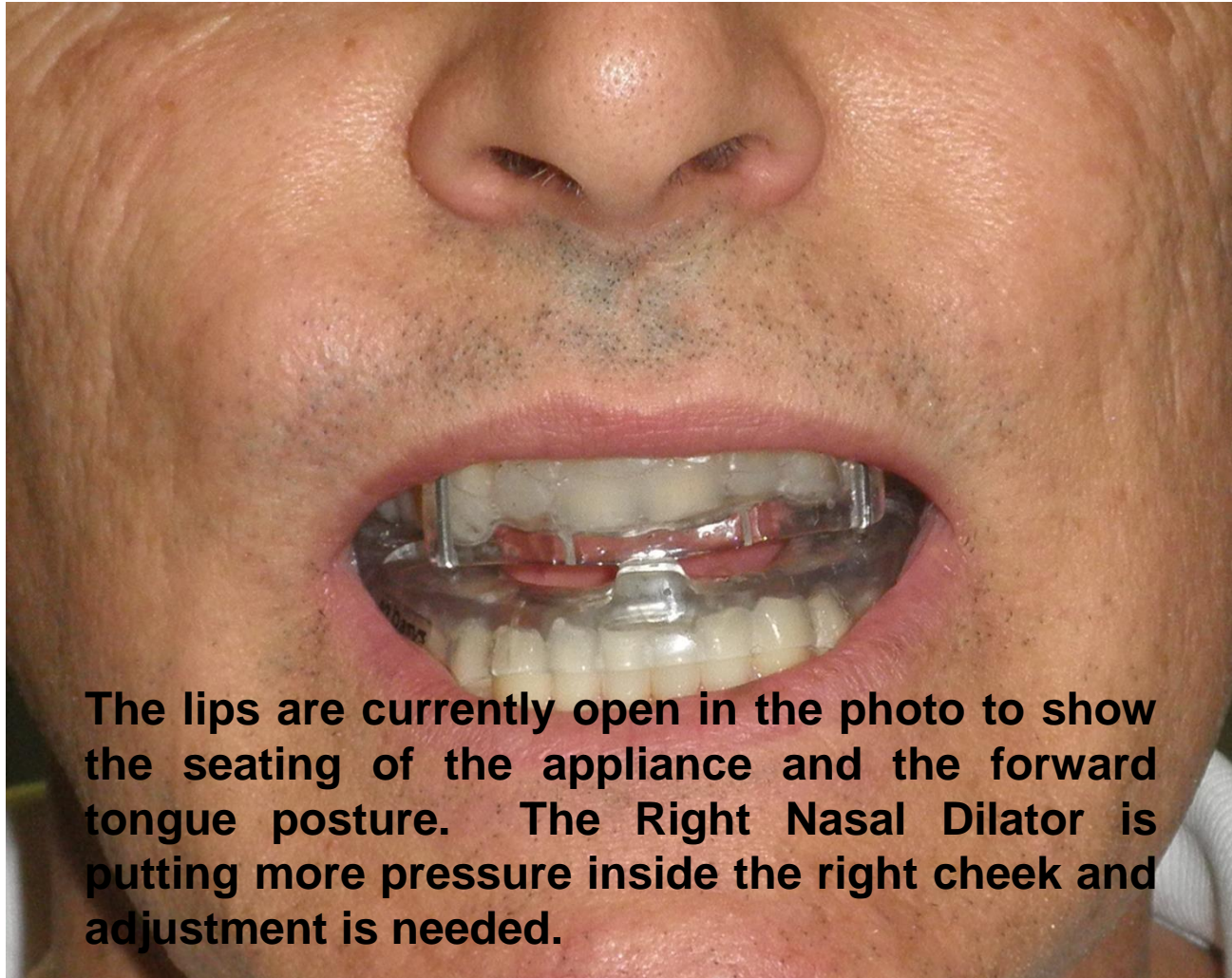
Seating OASYS

Seating Lower Splint First



- **Seat Upper Splint / Cushion**
- **Seat Lower Splint on Lower Teeth**
Extend Mandible Forward in Front of Maxillary Front Teeth
- **Bring Maxillary Teeth Down in Contact with Mandibular Splint**
- **Pull Lips Over Nasal Dilators**

OASYS Seated with the Tongue Positioned Forward



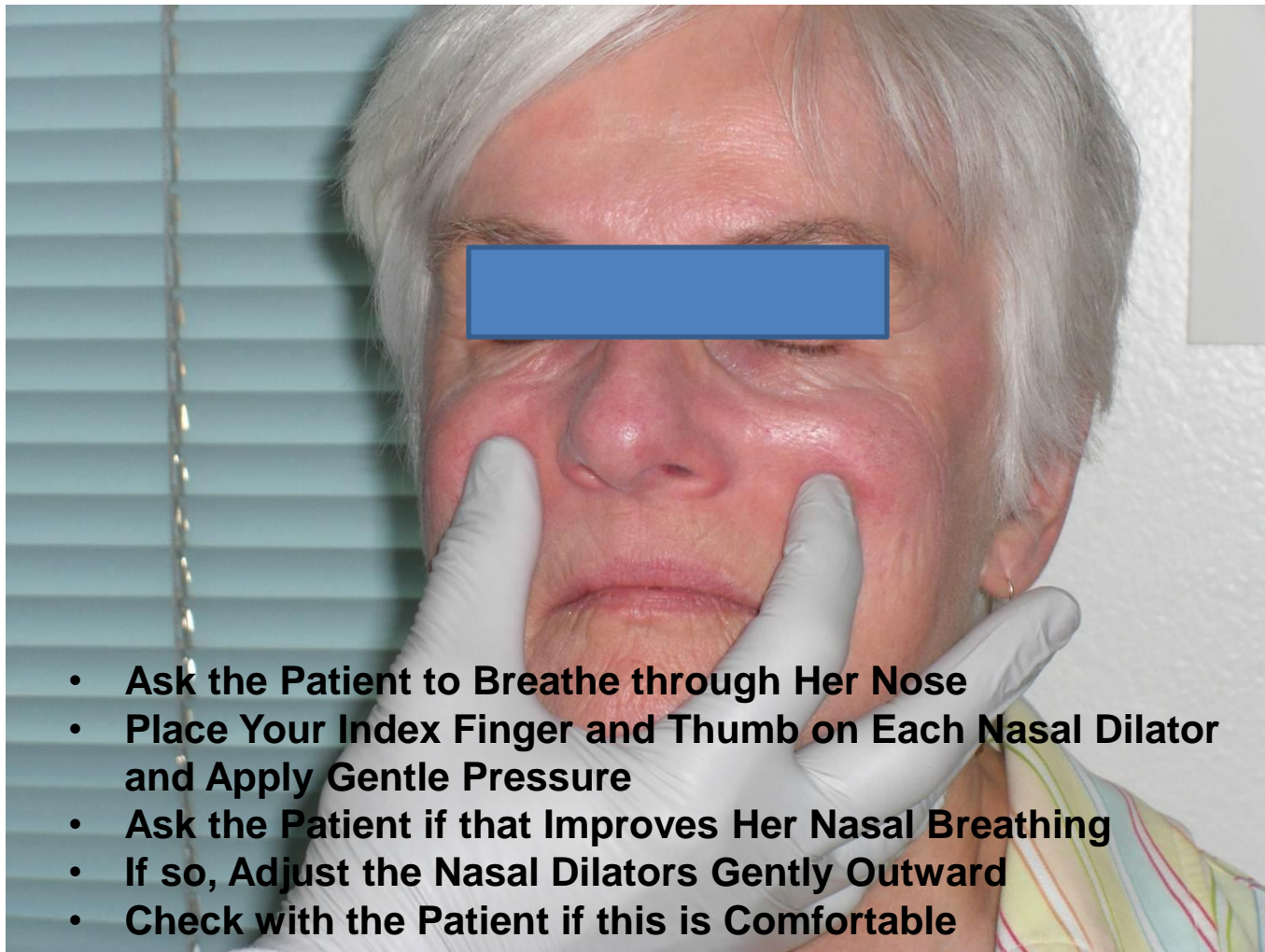
The lips are currently open in the photo to show the seating of the appliance and the forward tongue posture. The Right Nasal Dilator is putting more pressure inside the right cheek and adjustment is needed.

OASYS Adjustments



Adjusting the Nasal Dilators

The Cottle Technique



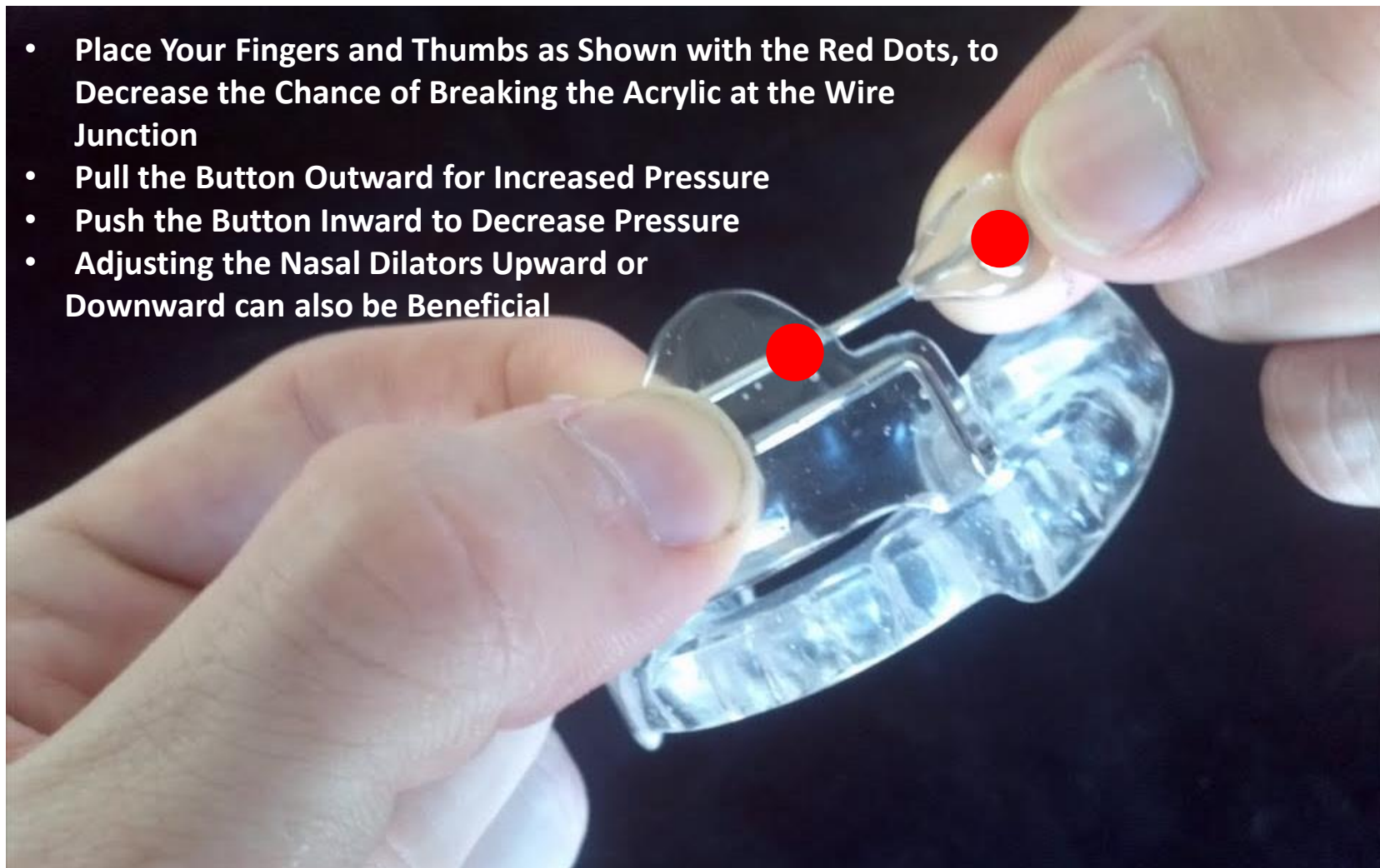
- Ask the Patient to Breathe through Her Nose
- Place Your Index Finger and Thumb on Each Nasal Dilator and Apply Gentle Pressure
- Ask the Patient if that Improves Her Nasal Breathing
- If so, Adjust the Nasal Dilators Gently Outward
- Check with the Patient if this is Comfortable

Adjusting the Nasal Dilators Intra-Orally

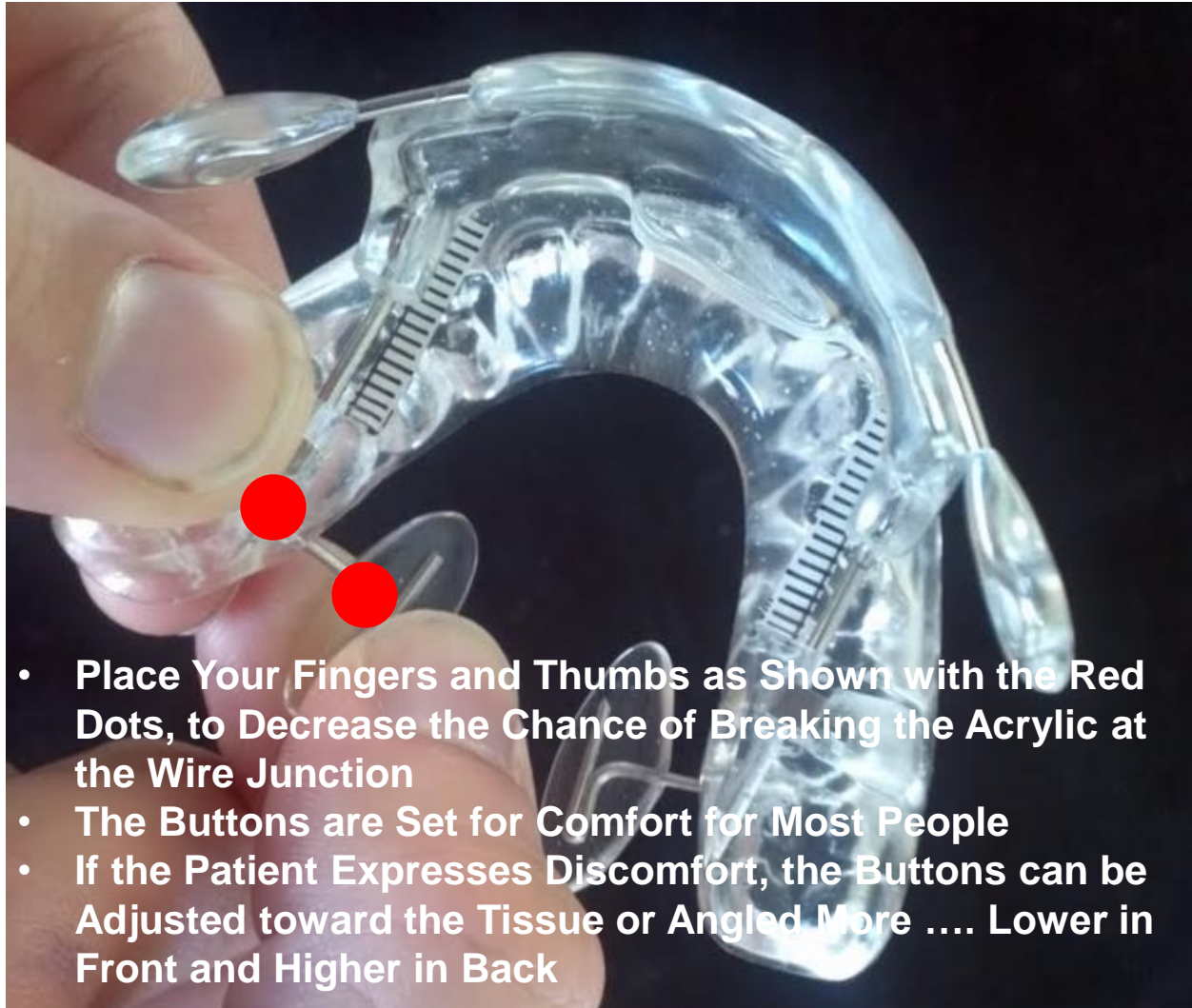


Adjusting the Nasal Dilators Outside of the Mouth

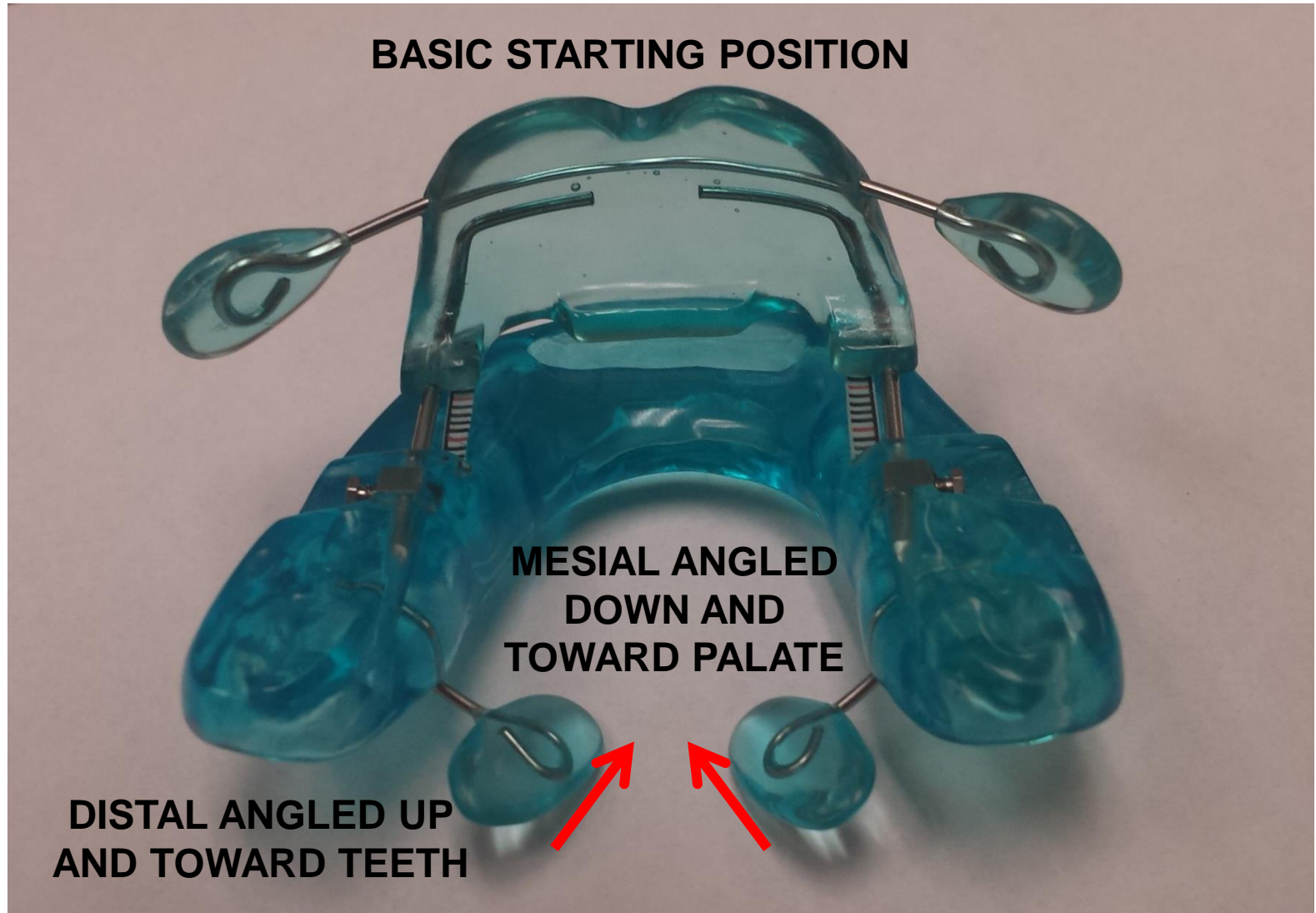
- Place Your Fingers and Thumbs as Shown with the Red Dots, to Decrease the Chance of Breaking the Acrylic at the Wire Junction
- Pull the Button Outward for Increased Pressure
- Push the Button Inward to Decrease Pressure
- Adjusting the Nasal Dilators Upward or Downward can also be Beneficial



Adjusting the Lingual Tongue Buttons



Tongue Button Positioning



Increasing Protrusion

- LOOSEN LOCK SCREWS
- PUSH SHIELD DISTALLY
ONE LINE – ONE MM
- TIGHTEN BOTH LOCK SCREWS

LOCK

MM SCALE

LOCK

LOOSEN LEFT

TIGHTEN RIGHT

USE SMALL END OF THE
HEX WRENCH TO ADJUST
THE LOCK SCREWS

