

Doctor Insertion of the OASYS Device

Placement of the Clear Oasys Splint: Place the clear splint (Fig.1) on your upper teeth carefully, trying to seat it completely with your fingers.

Next, Placement of the Lower ThermoFlex Splint with Shield / Nasal Buttons (Hot Microwave water should be prepared before delivery to the patient) The lower splint may seat without dipping in microwave water or running under hot tap water, but it should be available for use. The lower splint (Fig.1) is a thermoplastic material and the hot water helps it to flex and seat easier. Holding the Shield, you can dip the lower splint in the hot microwave water for about three seconds. The upper acrylic shield should not be placed under hot water as it is a different material.

Seating the Lower Splint—You may be able to seat the lower splint seat on the lower teeth and guide the patient to extend his/her jaw out far enough to close behind the shield. Otherwise, place the upper shield and nasal buttons up in front of the patient's upper anterior teeth and up under his/her lips (Fig.2) and then guide the patient's lower teeth up into the lower splint. Having the patient look into a mirror can help with the seating. Using your index finger press firmly on the splint from back to front to make sure that it fully seats.



Have the patient breathe in and out. He or she may want to breathe through his/her mouth at first, but as they relax, he/she should be able to begin breathing more comfortably through their nose.

Check for Comfort and Even Tooth Contact—Adjust as needed.

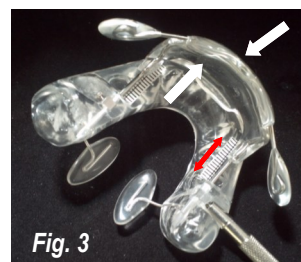
Ask if there is any uncomfortable tightness or pressure on the upper teeth

Ask if there is any discomfort of the lower splint on the lower teeth

Ask if there seems to be even contact of the upper and lower splints.

Ask if the Nasal Buttons are comfortable, seem evenly aligned, improving nasal airflow

Ask if the Lingual Tongue Buttons are comfortable, pinching tongue/tissue, evenly positioned



Check for Comfort of the Advanced Mandibular Position—Adjust as needed.

Ask if there is any muscle or joint discomfort in the current advance position

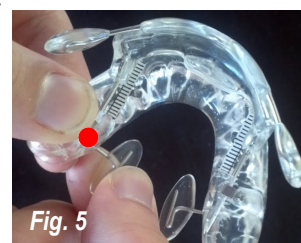
Adjusting your Mandibular Position

Take the metal **Hex Wrench** (Fig.3) and using the small end, turn each screw **Left to Loosen** (Counterclockwise) and **Right to Tighten** (Clockwise). **To bring your lower jaw further forward**, put balanced pressure on the anterior shield and push backward on the shield approximately **1mm (1 mark)**, and with the Wrench, Turn each screw **Right to Tighten**. **To reduce the advanced position of your jaw**, gently push on the inside of the shield forward about **1mm (1 mark)** and with the Wrench, Turn the screw **Right to Tighten**. Be careful, not to over-tighten the screws to avoid stripping them Use a **firm, but gentle twist of the wrench to the Right to Tighten**.



Adjusting the Nasal Buttons for Improved Nasal Breathing and Comfort

The Nasal Buttons can be adjusted while the Oasys is in the patient's mouth. By pulling the buttons outward will increase stretching of the tissue for increased nasal airflow or pushed inward to relieve tissue pressure. This can be done out of the mouth also. (Fig. 4). Hold the acrylic where the wire extends from the shield before bending.



Adjusting the Tongue Buttons for Comfort and Tongue Repositioning (Fig.5).

The **Tongue Lifter Buttons** may be included on your device. They are set with a gentle lift on each side of the back of the tongue up and forward, but can be adjusted for comfort and for more effectiveness. When adjusting, hold the acrylic where the wire extends out, and adjust the button position.

Patient Insertion and Removal of the Oasys

The patient should try inserting and removing the Oasys while in the office. A mirror is helpful in a visual understanding of the process. Removing the lower Oasys splint should be done with both thumbs/thumb nails, lifting the lower splint evenly off the lower teeth (Fig. 2), and then carefully lifting the lips over the Nasal Dilators to remove. The Upper Splint should also be removed with both hands, using the index fingers/nails in the cuspid/bicuspid region and pulling down to dislodge the splint.