Consent to dental sleep appliance therapy

Your sleep provider has prescribed oral appliance therapy to manage your obstructive sleep apnea or primary snoring. A mandibular advancement device (MAD) is the most common form of oral appliance therapy and works by snuggly fitting on your top and bottom teeth and using them as anchors to pull your lower jaw forward, opening your airway. As with any dental or medical treatment, there are numbers and risks that you should know about:

Prognosis

The success rate of mandibular advancement varies depending on the severity of your sleep apnea:

- Success rate of 62.3% for mild sleep apnea (CPAP is 76.2%)
- Success rate of 50.8% for moderate sleep apnea (CPAP is 71.0%)
- Success rate of 39.9% for severe sleep apnea (CPAP is 63.4%)

Reference: Efficacy of an oral appliance and comparison with continuous positive airway pressure for the treatment of obstructive sleep apnea syndrome. *Chest*. (2011). 140(6): 1511-1516

Risks to your teeth

- Tooth movement including changes to your bite and facial profile.
- Loss of dental work, with particular concern for large fillings, crowns, dental implants, and bridges.

Risks to your jaw joints

- Morning soreness is common, especially the first few weeks of treatment.
- New or increased clicking and popping of the jaw joints.
- New or increased pain of the jaw joints and associated musculature.

Other things you should know

- The snug fit of the appliance on your teeth is what allows your jaw to be pulled forward. Future dental work is likely to keep the appliance from seating and will require adjustment or replacement.
- After delivery, we will have at least 1 follow-up appointment to check your progress. You should still be seen by your comprehensive care dentist at least once per year.

I understand the above and verbally discussed risks of mandibular advancement and consent to continue with mandibular advancement device fabrication as prescribed by my sleep practitioner.

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Signature **Date**

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Name (printed)

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