

## **PATIENT INFORMATION AND INFORMED CONSENT FOR SLEEP APNEA/SNORING APPLIANCES**

Snoring is a condition brought on by a narrowing of the airway during sleep which restricts the passage of air. Simple snoring results in few, if any, symptoms the following day.

In more severe cases, the airway completely closes and breathing temporarily stops. This condition is termed "Sleep Apnea." Oxygen transport to the body and brain is reduced, and normal sleep cycles are disrupted. Severe cases of "sleep apnea" can have major medical consequences and can be life threatening.

Daytime symptoms of sleep apnea can vary from mild inability to concentrate and drowsiness, to extreme difficulty in staying awake while sitting quietly. Medical conditions such as hypertension (high blood pressure) can be partially caused or aggravated by Sleep Apnea.

A questionnaire concerning symptoms can give an indication of the degree of the problem. The doctor will discuss the appropriateness of a consult with a physician if the symptoms warrant further investigation.

Weight control, sleep posture and treatment options including surgery, positive airway pressure, medication and dental appliances can all be a part of the snoring and sleep apnea treatment.

A "Sleep Apnea/SnorinApliance" (SASA) can be fabricated to move the lower jaw forward. This also moves the tongue forward as it is attached to the lower jaw. The combined movement of the jaw and tongue may increase the Posterior Pharyngeal Airway Space (PPAS), decreasing or eliminating snoring and apnea conditions. Symptoms may occur due to occlusion of the airway in areas other than the PPAS. In these cases, problems may be more appropriately corrected by another method other than a SASA.

Documented evidence exists that a SASA can substantially reduce snoring and/or Sleep Apnea in many patients. However, there can be no guarantee that this appliance will be successful in every person as there are many physiologic and anatomic variations and tolerances to the appliance.

Daytime symptoms that you are experiencing may not be completely or partially due to snoring and/or Sleep Apnea, and therefore, may not be affected by a SASA.

- 1) The SASA is NOT intended to be an orthodontic appliance and permanently move teeth and jaws.
- 2) The SASA will NOT cure snoring and/ or Sleep Apnea. The intention is to prevent snoring/Sleep Apnea from occurring while sleeping. It must be worn to be effective. Regardless of how long it is worn, symptoms will recur when it is not worn.
- 3) The SASA may cause damage to the jaw joints, teeth or soft tissue of the mouth, although no reports of any such damage exist.
- 4) The SASA must be removed if there is any dental, jaw or muscle discomfort while wearing the appliance, and the patient must return to the office for an examination and possible adjustment of the appliance.

I have read and understand the foregoing conditions and information concerning the SASA. I am willing to accept any and all risks, foreseen or unknown, while wearing the SASA. I have received a copy of this informed consent.

Patient's Name (please print) \_\_\_\_\_

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date