

Patient Handbook
For Successful Usage and Care of
The Metz Appliance™



The Metz Center for Sleep



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The Metz Appliance™





Congratulations on receiving your new Metz Appliance!

We here at The Metz Center are excited to join you on this journey toward better sleep and an overall healthier life. This manual includes instructions for usage of your new appliance, follow-up process, as well as guidelines for caring for your appliance. Proper usage and homecare will not only help to achieve optimal results, but also extend the life of your appliance.

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Introduction

The Metz Appliance is a mandibular repositioning oral appliance used to treat snoring and mild to moderate obstructive sleep apnea.

The Metz Appliance is composed of an upper and lower tray made to fit the occlusal surface of the teeth. These trays are connected by adjustable stainless steel arms, which exert force on the lower jaw and advance the mandible. This facilitates improved air exchange by increasing pharyngeal space.

The adjustment key allows the user to advance the protrusion to an effective and comfortable position.





Warnings and Contraindications

Carefully read all instructions before use of *The Metz Appliance*.

Warnings:

The Metz Appliance is designed for use in reducing snoring and alleviating mild to moderate obstructive sleep apnea. If respiratory disorders persist, contact the prescribing dentist. Your *Metz Appliance* should be evaluated at least once yearly by the prescriber. If your *Metz Appliance* becomes loose, damaged, or does not fit properly, you should contact your prescriber.

Use of *The Metz Appliance* may cause:

- Pain or soreness to the temporomandibular joint
- Gingival or dental soreness
- Tooth movement or changes in dental occlusion
- Excessive salivation
- Obstruction of oral breathing

The Metz Appliance is contraindicated for patients who:

- Have central sleep apnea
- Have severe respiratory disorders
- Have loose teeth or advanced periodontal disease
- Are under 18 years of age



Possible Side Effects

There are possible side effects associated with using your *Metz Appliance*. They are not common, but if you experience any of these, you should contact your prescribing dentist immediately.

Use of *The Metz Appliance* may cause:

- Tooth movement or changes in dental occlusion
- Gingival or dental soreness
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation
- Temporary actual or perceived bite change. This subsides after 30 minutes after you remove the appliance and use the Exercise Bite Tabs or Anterior Appliance
- Unconsciously taking the appliance out of your mouth at night
- Permanent bite change
- Dislodgement of ill-fitting dental work
- Gagging



Insertion and Removal

Insertion:

1. Place the appliance in your mouth, and position over the appropriate teeth.
2. Gently push down on the molar area of your lower tray until the appliance slides into place. You may hear a slight “snap” as it goes in.
3. Repeat Step 2 for the upper tray, pushing up on the molar area until the tray slides into place.
4. Run your fingers along the edge of your teeth, ensuring that both trays are seated evenly and completely over all teeth.
5. Never use the hardware areas of the appliance to push into place.

Removal:

1. When removing the appliance, use the most posterior (rear) portion of the appliance that your fingers will reach. This will be above the molar area. You will use the molar area to remove both the upper and lower trays.
2. For the upper tray, pull down on the molar area, on one side only. Once loosened, walk your fingers across to the other side, and repeat the process. NOTE: It is easier to remove one side at a time versus pulling on both sides at the same time.
3. Repeat the above step for the lower tray, pulling up on the molar area on one side. Walk your fingers across to the other side and repeat, always lifting up from the furthest point back in the molar area.

*******IMPORTANT: NEVER PULL ON THE HARDWARE TO REMOVE YOUR APPLIANCE*******



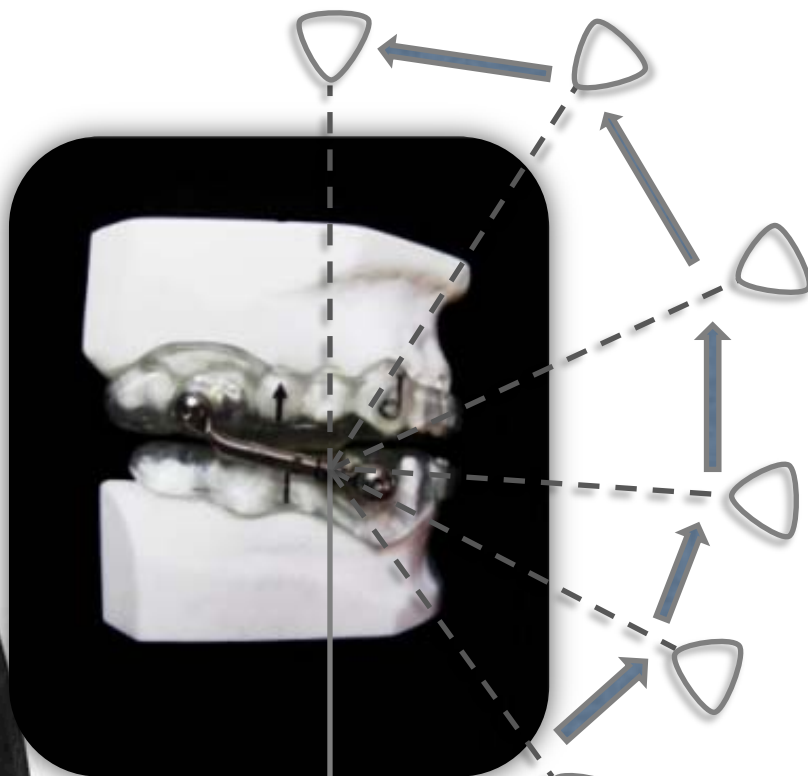
Advancement of The Metz Appliance

After you have worn your appliance for 3 nights consistently, and until you have become comfortable with having the appliance in, you may begin advancing your appliance.

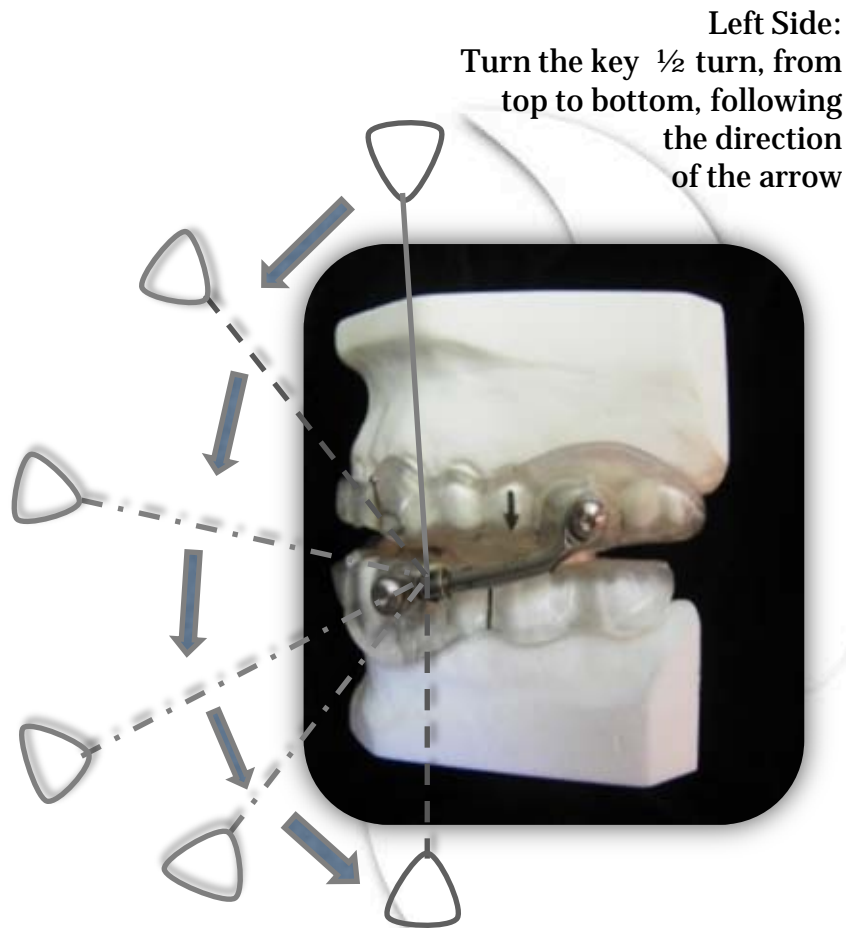
1. Follow the black arrows which you will find on both sides of your appliance. These arrows indicate which direction to turn the advancement key.
1. Right side – Turn Key UP
2. Left side – Turn Key DOWN
2. Make a HALF-TURN of the key on each side.
3. Advance your appliance three to four times per week, on a set schedule. Do this within your comfort level. You will be able to feel the advancement, however, do not cause yourself pain. Should you experience pain from advancing at too rapid of a pace, reduce the aggressiveness at which you are advancing the appliance to two times per week. Please see page 10 of this handbook for an Advancement Record log to monitor the advancement of your *Metz Appliance*.



Advancement of The Metz Appliance



Right Side:
Turn the key $\frac{1}{2}$ turn, from
bottom to top, following
the direction of the arrow



Left Side:
Turn the key $\frac{1}{2}$ turn, from
top to bottom, following
the direction
of the arrow



Advancement Record

Please use this log to monitor the advancement of your Metz Appliance:

Example: 1/1/2000 ; ½ Turn ; Snoring Reduced/Feeling less daytime fatigue

Date:	Amt. of Advancement:	Notes:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Successful Sleep



Use Elastics!! Always use the elastic bands provided, in order to ensure mouth closure during sleep. This promotes nasal breathing.

Wear Every Night!! It is best to use your Metz Appliance as directed, every night.



Sleep On Your Side!! Always avoid sleeping on your back. Sleep on your side with the pillow high on your head.

Avoid Alcohol!! Always refrain from alcohol and stimulants at least four hours prior to sleeping.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
✓ 27	✓ 28	✓ 29	✓ 30	✓ 1	✓ 2	✓ 3
✓ 4	✓ 5	✓ 6	✓ 7	✓ 8	✓ 9	✓ 10
✓ 11	✓ 12	✓ 13	✓ 14	✓ 15	✓ 16	✓ 17
✓ 18	✓ 19	✓ 20	✓ 21	✓ 22	✓ 23	✓ 24
✓ 25	✓ 26	✓ 27	✓ 28	✓ 29	✓ 30	31





Morning Exercises

It is important to utilize the Exercise Bite Tabs or Anterior Appliance* (if indicated) provided to you in the case with your new **Metz Appliance**. These exercise tabs or Anterior Appliance* should be used on a DAILY BASIS after removal of your appliance. These are important to reduce any inflammation caused, and to return your bite to a normal position.

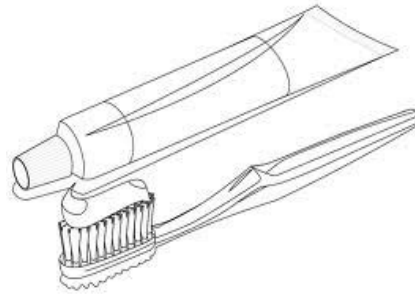
1. Place the exercise tabs on your premolars (just behind your canine teeth), avoiding any contact with your molars. For Anterior Appliance users, insert appliance and place over anterior (front) teeth as directed.
2. Slide your lower jaw forward as far as possible, then backward as far as possible.
3. Bite down on the tabs or anterior appliance for 30 seconds, release for 30 seconds, using a pumping action. This will stretch the masseter muscle.
4. Continue with the bite and release technique for 5-10 minutes every morning after removal of your appliance. Repeat this process until you feel that your bite has returned to it's normal position.



* Additional Cost if Anterior Appliance indicated



Homecare And Storage



1. Upon removal of the appliance, clean your appliance by using a regular soft toothbrush, cold water and toothpaste.
2. **DO NOT USE HOT WATER**
3. Rinse and thoroughly dry before placing in the storage case.
4. If an odor develops, this is natural. A ***non-alcohol based*** mouth rinse may be used to clean the appliance. Apply for 1-minute, rinse, and let dry. **DO NOT** soak the appliance.
5. Always store in a cool, dry place. Do not expose your appliance to high or direct heat, such as in a car, near a fireplace, in direct sunlight, etc. Your *Metz Appliance* should not be stored in areas of high heat, such as a car's glove compartment or cargo area of an airplane. Keep the appliance out of the reach of pets.

Weekly Sleep Diary



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Activities & Pre-Sleep Ritual (Fill in each night before going to bed)							
Exercise Week 1 What did you do? 2 When? Total time? 3							
Naps Week 1 When? Where? How long? 2 3							
Alcohol & Caffeine Week 1 Types, amount and when 2 3							
Feelings Week 1 Happiness, sadness, stress, anxiety; major cause 2 3							
Food & Drink Week 1 (Dinner/snacks) 2 What and when? 3							
Medications or Sleep Aids Week 1 Types, amount and when 2 3							
Bedtime Routine Week 1 Meditation / Relaxation? How long? 2 3							
Bed time Week 1 2 3							



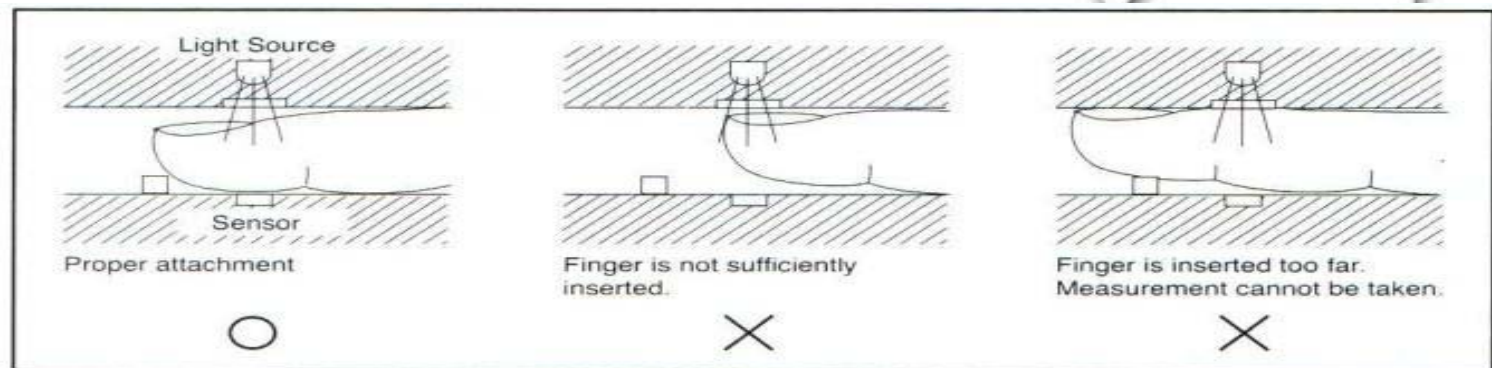
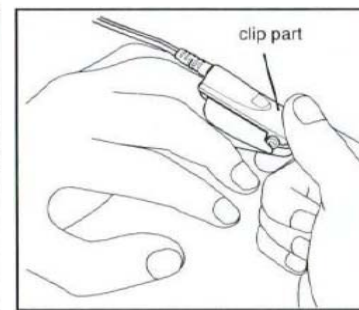
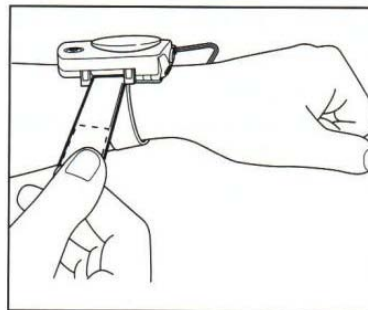
Weekly Sleep Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleeping & Getting Back to Sleep (Fill in each morning)							
Week 1 Wake-up Time 2 3							
Week 1 Time Spent in Bed Not Sleeping What did you do? (e.g., stayed in bed with eyes closed, meditated, etc.) 2 3							
Week 1 Sleep Breaks Did you get up during the night? If so, what did you do? 2 3							
Week 1 Quality of Sleep & Other Comments 2 3							
Week 1 Total Sleep Hours 2 3							



High Resolution Pulse Oximetry

1. Secure the monitor on your wrist. If you prefer to sleep on your side, it is best to use the up-hill hand.
2. Place finger probe on index finger, with the raised finger nail icon facing up, and secure the probe with the finger cover provided. Please remove any fingernail polish you may have on prior to using pulse oximeter.
3. One button to turn the monitor off and on, press down and hold for a few seconds to activate and deactivate. The red light inside of the finger probe will indicate if the monitor is on or off (the red light is very faint).
4. Once monitor is on, please allow 5 minutes of being awake, and staying as still as possible before going to sleep. This will allow the monitor to calibrate to you.
5. Once the monitor is on, the display may go blank, and enter a screen saver mode.
6. If you wake during the night to use the restroom, get a drink of water, etc., please let the monitor continue to run. **DO NOT** turn it off. Please make note of the activity and the time that you were up and active on the data sheet provided with the Pulse Oximeter.
7. Upon waking up in the morning, simply turn the monitor off. At this time you should not see the red light on inside the finger probe. Repeat the process described above for the remaining nights (3-night minimum).
8. Return the Pulse Oximeter and data sheet to the office upon completion of the 3 night screening.





Follow Up Appointment Schedule:

✓ *2-Week Follow-Up: Date_____ Time_____*

✓ *6-Week Follow-Up: Date_____ Time_____*

✓ *6-Month Follow-Up: Date_____ Time_____*

✓ *High Resolution Pulse Oximetry Screening:*

Start Date:_____ End Date:_____

✓ *Annual Follow-Up: Date_____ Time_____*

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