

User & Care Guide

User Instructions

Identification

Identify the upper and lower components separately with the female tubes on the upper and the male pistons on the lower appliance. The matt side of the appliances goes against the teeth whilst the shiny side is the visible side. As you look at the frameworks, each separate framework resembles a horse shoe with the apex of the appliance / horse shoe at the front of the mouth and jaw.

Trial Fitting

Gently insert the upper chrome framework into the mouth using light finger pressure only (do not try and force it to fit) allowing the tubes to hang forward and avoid catching the cheeks or lower teeth. Once the upper is seated and comfortable, then gently remove it from the mouth using your index finger nails. Do not pull the appliance out using the piston tubes. If the framework is stuck or is partially dislodged and then gets stuck, push it back into the mouth and ensure it is fully seated. Try removing it again perhaps dislodging the appliance on the other side and gently work the appliance off the teeth. With practice it will become quite easy. Insert the lower framework again with the male piston rods protruding from the mouth. This time you may find it easier to remove the framework using the thumbs. Having confirmed that the separate frameworks fit the respective teeth and jaws, you now need to assemble the whole appliance outside the mouth before insertion.

Connecting

The two frameworks must be connected before being put into the mouth. Place the upper framework over the lower framework by a) identifying the shiny sides of both frameworks b) the shiny side of the upper framework rests against the shiny side of the lower c) the two horse shoe shaped frameworks sit one on top of the other with shiny sides touching and matt surfaces outermost. Join the male piston into the female tube on one side and then on the other. Take care not to distort the tubes or piston rods whilst doing this by partly inserting each side before you fully seat the rods. When connected you should have the upper framework sitting on top of the lower with a gap at the back of each framework with the piston rods inserted into the tubes.

Inserting

With the Somnowell assembled, put the whole appliance into the mouth i.e. upper and lower parts together at one time. Let the lower part drop onto the lower teeth and with your thumbs or fingers push the upper framework onto your teeth and then pull the lower framework over the lower teeth, the lower appliance will almost find its own position. You may need to posture the lower jaw forward to get the lower framework seated. With the Somnowell in place, try opening and closing the mouth, the appliance will stop your jaw moving backwards. On first insertion the appliance will feel a bit odd and a bit tight. This feeling will soon pass. The Somnowell is now ready to do its stuff.

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Day 1

On the day your appliance is fitted wear the Somnowell appliance as soon after your evening meal as possible so that your mouth becomes accustomed to the new sensation. Before retiring to bed, clean your teeth especially on their inner surfaces as well as rinsing the Somnowell appliance under water. You will salivate more than normal when the Somnowell appliance is in your mouth and when you remove it.

Day 2

Your teeth especially the lower front, may feel on edge or abnormal, the bite may also be slightly strange; the cheek muscles and jaw joints may also feel as though they have been under strain, these are temporary changes.

Problems to be Reported

- If one side of your jaw feels painful and this persists for more than a week, this may be associated with the bite and can usually be corrected.
- If the “Somnowell appliance” causes rubbing or ulceration, note the area, wear the appliance the night before your return visit so that the problem can be corrected.
- Sharp metal.
- Lose grub screws or breakages.
- If the appliance keeps falling out
- If the appliance stops working.

Care Instructions

Cleaning

Clean the Somnowell with tooth paste and water using a tooth or nail brush. Once or twice a week you can soak the Somnowell in “Corsodyl” (Chlorhexidine). Since the appliance is cast metal, it is not distorted by water or most other solutions. Whilst the Somnowell can be put into hot water, take care when doing so as the different expansion characteristics of the appliance and the steel screws may cause the screws to loosen.

Storage & Care

Store the Somnowell in the plastic retainer box supplied. Make sure that you have put your contact details on the retainer box in case you lose the Somnowell appliance in its box. The Somnowell appliance is fairly robust, do not drop it or place heavy weights directly on it. It will break if you stand on it. The clasps (thin wires that help grip the teeth) are fragile and brittle, these must not be bent or tampered with otherwise they will break off leaving jagged ends. The tube piston assemblies, the connecting screws between these and the chrome base plates should be handled with care. When assembling the tube and piston, don't bend either part. If it gets stuck, take the appliance apart and reassemble both sides together. If the locating screws loosen, tighten gently but do not over tighten.

When visiting your dentist, always show your dentist the Somnowell appliance. If changes are made to your teeth then these must accommodate the Somnowell appliance.