

What is it like to wear the MAA?

You may experience some discomfort at first, while you adjust to wearing the appliance whilst sleeping. Your teeth may be sore and the muscles of your face and neck may ache. This can be helped by painkillers such as ones you would normally take for a headache - please read the instructions on the packet. This discomfort should reduce over the first week of wearing the appliance. You may also experience more saliva, but once you are used to the appliance, you may find you have a dry mouth whilst sleeping.

What are the risks?

Long term wear of an MAA carries a risk of causing small changes to how your teeth meet together (your bite).

You must maintain a high level of tooth cleaning and visit a dentist on a regular basis.

REMEMBER

- **Lifestyle changes such as reducing alcohol intake, stopping smoking and losing weight are recommended for patients with OSA.**
- **Your teeth and gums need to be healthy before treatment with an MAA is started. They need to be maintained in a healthy state throughout treatment.**
- **Different types of MAA are available.**

Where can I get more information?

You can find more information about OSA from the Scottish Intercollegiate Guidelines Network.

<http://www.sign.ac.uk/guidelines>

The National Institute for Health and Clinical Excellence (NIHCE) has produced information on obstructive sleep apnoea for patients. It is available from:

www.nice.org.uk/guidance

PATIENT INFORMATION LEAFLET

OBSTRUCTIVE SLEEP APNOEA

What can the orthodontist do for you?



What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea (OSA)

is a serious breathing disorder where the airway gets blocked during sleep causing pauses in breathing. It mainly occurs in middle-age adults, but can affect any age. The effects of untreated OSA can include daytime sleepiness and poor concentration with mood, personality changes and anti-social snoring. Other linked medical problems include high blood pressure, heart disease and stroke.

How do I know if I have OSA?

The diagnosis of OSA is made by a doctor or a specialist in breathing disorders. The sleep study is the most important investigation for the diagnosis of OSA. However, it is also based on a detailed history from both you and your sleeping partner. Daytime sleepiness and sleep patterns are measured in addition to an ear, nose and throat examination. Body weight may be measured.

Why do I need to have any treatment?

Sleepiness and poor concentration caused from untreated OSA can have serious consequences. Care must be taken with activities where it is important to be alert, such as driving a vehicle and operating machinery.

You must contact the DVLA if you are diagnosed with OSA.

What are my treatment options?

A number of different specialists are involved in the treatment of OSA. Non-surgical and surgical options are available and a care plan is arranged by the sleep team.

1. Lifestyle changes

Advice is given on:

- reducing alcohol intake.
- losing weight.
- stopping smoking.

2. CPAP

Continuous positive airway pressure (CPAP) is the most common and best treatment for OSA.



CPAP machine

3. Mandibular advancement appliances

The mandibular advancement appliance (MAA) may be used for patients who are unable to cope with CPAP, but is used in patients with less severe OSA.

This is a removable appliance that may be in one or two parts, attached to the upper and lower teeth. The appliance holds the bottom jaw forward, giving more space to breath. The appliance is worn every night.



Mandibular advancement appliance

Is the MAA appropriate for everyone?

An MAA may not be suitable for you and should be advised by the sleep team and the orthodontist.

Once advised, treatment with an MAA may work on an individual basis but may not be successful for everyone.

How long will I need to wear the MAA?

You will need to wear the appliance every night to help breathing during sleep.

How is the MAA fitted?

Before fitting an MAA it is important that you visit the dentist to ensure your dental health is good.

A dental health check may involve x-rays of your mouth to ensure that there is no tooth decay or gum disease. If you are suitable for a MAA then moulds (impressions) of your teeth will be taken. The appliance will be made to fit your mouth and fitted by the orthodontist.