

## SOUTH COUNTY DENTAL GROUP

### INFORMED CONSENT FOR THE TREATMENT OF DENTAL CONDITIONS RELATED TO SLEEP DISORDERED BREATHING WITH A PROVISIONAL ORAL APPLIANCE

Oral appliances may be helpful in the treatment of snoring, upper airway resistance syndrome (UARS), and sleep apnea. Oral appliances are designed to assist breathing by increasing the volume of your oral cavity and/or keeping the jaw and tongue forward, thereby opening the airway space in the throat. While documented evidence exists that oral appliances have substantially reduced snoring and sleep apnea for many people, there are no guarantees this therapy will be successful for every individual. Several factors contribute to the snoring/apnea condition including nasal obstruction, narrow airway space in the throat and excess weight. Because each person is different and presents with unique circumstances, oral appliances will not reduce snoring and/or apnea for everyone. **The *myTAP* is a provisional oral appliance utilized by our office to determine which design of appliance is appropriate for your condition and whether you will even wear it. Our office will monitor your progress at routine intervals during the 3-month period. At any point, treatment can be discontinued or progress to a final control appliance. If your jaw and teeth tolerate the appliance and if your sleep and dental symptoms improve, a final control appliance that mimics the *myTAP* will be fabricated. The *myTAP* is NOT intended or designed to be a permanent oral appliance. It is a transitional appliance and should not be worn for longer than 3 months. If you choose to ignore this limited time frame for analysis, the complications associated with appliance therapy are more likely to occur because of its provisional, non-custom design.**

**POSSIBLE COMPLICATIONS:** Some people may not be able to tolerate the appliance in their mouth. Also, some individuals will develop temporary adverse side effects such as excessive salivation, sore jaw joints, sore teeth and a slight change in their "bite". However, these usually diminish within an hour after appliance removal in the morning. On a rare occasion, a permanent "bite" change may occur due to jaw joint changes and/or tooth movement. Generally, this can be prevented with the use of the AM Aligner. These complications may or may not be fully reversible once appliance therapy is discontinued. If not, restorative, orthodontic, and/or surgical treatment may be required for which you are responsible. Oral appliances can wear and break. The possibility that these or broken parts from them may be swallowed or aspirated exist.

**UNUSUAL OCCURRENCES:** As with any form of medical or dental treatment, unusual occurrences can and do happen. Broken or loosened teeth, dislodged dental restorations, mouth sores, periodontal problems, root resorption, non-vital teeth, muscle spasms, and ear problems are all possible

occurrences. Most of these complications and unusual occurrences are infrequent. Additional medical and dental risks that have not been mentioned may occur. Good communication is essential for the best treatment results. Please call or come to the office if you have any question or problems regarding treatment.

I certify that I have read, or had read to me, the contents of this form. I realize and accept any risk and limitations involved, and consent to treat.

**Date:** \_\_\_\_\_ **Patient:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_