

Step 1

- Medical Assessment: Dentist refers the patient to the physician for diagnosis of SDB, then back to dentist for OAT or referral by Physician for oral appliance therapy if appropriate.

Step 2

- A copy of the diagnostic sleep study is forwarded to the dentist.

Step 3

- The dentist will assess the patient through a complete clinical examination, including recent radiographs, current health and prognosis of oral tissues that may be affected by mandibular advancement appliance. Then recommend the choice of appliance .

Step 4

- Communicate your proposed treatment plan, progress and follow up notes, as well as other pertinent information, with the patient's physician and appropriate healthcare providers on a regular basis.

Step 5

- Patient Consent form to be signed prior to appliance delivery.

Step 6

- Dentist will initiate therapy and titrate the OA to achieve optimum results based on resolution of patient symptoms.

Step 7

- Following optimal titration the dentist refers the patient back to the physician for assessment of OA treatment of SDB.

Step 8

- Patients diagnosed with primary snoring may be treated without follow-up objective data.

Step 9

- Follow-up protocol should include a patient evaluation at six months after successful titration and at least annually thereafter. Continual annual assessment and the need for possible additional titration is communicated with the patient and their physician.

Step 10

- Knowledge of various appliances is strongly recommended, as no one appliance is effective for treatment of all patients. Dentists who treat SDB are encouraged and have a responsibility to pursue additional education in the field.