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SUAD Titration Protocol Instructions

Needed for advancement titration; black 1 mm sleeves. Optional red .5mm shims or metal shims

- Ask the patient this question. The answer to this would have been included on the letter that had been sent to you. "**If we need to adjust your device throughout the night, would your jaw be able to tolerate further adjustment?"**
  - **If "no"** – measure the number of shims on the rods. Black shims are 1mm, red are .5mm. Metal shims are 1 or 2mm. If no shims are present, notate zero shims. (NOTE: Even if there are no shims, this appliance is made with a 'built' in protrusion of approximately 70-80% of a person's capable protrusion distance. There is no need to record this.)
  - **If "yes"** measure the number of shims on the rods. Black shims are 1mm, red are .5mm. Metal shims are 1 or 2mm. If no shims are present, notate zero shims. (NOTE: Even if there are no shims, this appliance is made with a 'built' in protrusion of approximately 70-80% of a person's capable protrusion distance.)
- During the test, the patient should insert their appliance based on prior directions from our office. After the test has begun and events are still occurring, have the patient remove the device. Most are capable of adding their own shims. Those that are not, see video instructions on adjusting the SUAD (place VIDEO here) . Add 1 mm increments upon each awakening until the apnea events are resolves or diminished. Stop if the patient starts getting too uncomfortable. The patient is approaching their physiological maximum.
- At the end of the study, notate how many mm of shims are present total.
- IF SHIMS were added it is IMPORTANT for the patient to call us as soon as possible. Once confirmed effectiveness and ideal positioning is determined, we may need to back up the appliance slightly and slowly guide him/her back to ideal protrusive distance. NOT DOING THIS MAY LEAD TO TMD SYMPTOMS and oral appliance may need to be postponed dependent on amount of symptoms.