SLEEP APNEA APPLIANCE-TAP 3

The Thornton Adjustable Positioner 3 (TAP® 3) is an oral device intended to reduce or alleviate nighttime snoring and obstructive sleep apnea (OSA). The TAP® 3 device consists of an Upper Tray that fits over the upper teeth and a Lower Tray that fits over the lower teeth. A hook mechanism attached to the Upper Tray fits into a Socket attached to the Lower Tray and positions the lower jaw forward, preventing the soft tissue of the throat from collapsing and obstructing the airway. The Adjustment Key of the TAP® 3 permits the patient to adjust the protrusion of his/her lower jaw to the most effective and comfortable position.

Warnings

- This device is intended to reduce or alleviate nighttime snoring and obstructive sleep apnea (OSA). If symptoms of breathing difficulties or other respiratory disorders exist or persist, with or without the use of the device, the patient should contact our office.
- The patient may experience soreness or discomfort in the temporomandibular joint (TMJ), jaw, or teeth. If discomfort persists, the patient should contact our office.
- In the morning, some patients may sense a change in their bite. This sensation should disappear within one hour. If it continues for more than four hours, the patient should contact our office.
- The patient may experience obstruction of oral breathing with any oral appliance in the mouth.
- The patient should return to our office for reevaluation at least yearly, or as often as necessary.

Possible Side Effects

There are possible side effects associated with using the TAP® 3 appliance. These side effects are not common. If you experience any of the following side effects, contact our office.
- Slight tooth or gingival discomfort due to pressure of the appliance.
- Excess salivation initially. This will improve as you become accustomed to wearing the TAP® 3.
- Slight jaw soreness or tightness initially and with adjustments.
- Temporary bite change. This will subside approximately 30 minutes after the TAP® 3 is taken out of the mouth in the morning and the Exercise Bite Tabs are used.
- Unconsciously taking the TAP® 3 out of his/her mouth at night.
- Orthodontic movement of the teeth.
- Pain or dysfunction of the temporomandibular joint and associated muscles.
- Permanent bite change.

Directions for Daily Use

1. Inspect the device prior to each use. If you observe any material separation, material degradation or cracks, please call our office.
2. Engage the Hook of the Upper Tray with the Socket of the Lower Tray before placing the trays in your mouth. Make sure the Hook is not dialed too far forward that you can not comfortably snap the trays over your teeth while engaged. Use your thumbs to push the tray from the bottom to snap it over your teeth. Repeat the same process for the lower tray.
   Note: It is difficult to engage the Hook and Socket if the trays are already in the mouth because the Hook receptical in the Socket is too small and you may pinch your tongue.
3. Gently relax your jaw once the TAP® 3 is in your mouth.
4. To remove either the upper or lower trays, gently open your mouth while the Hook is still engaged. At the same time, lift up on the lower tray or pull down on the upper tray to loosen either tray and remove.
   Warning: If the trays disengaged while in the mouth, take the trays out, reengage the Hook and Socket and place back in your mouth. If you try to reengage the trays while still in the mouth and you bite down on the Hook, it might damage the Hook or Socket.
   Warning: The TAP® 3 trays should never be worn separately. Always wear both trays when using the appliance.
Operating the Adjustment Key

Note: Operating the Adjustment Key is written from the perspective of the patient with the TAP® 3 in his/her mouth.
1. To pull your lower jaw forward with the appliance in the mouth, turn the Adjustment Key counter clockwise (towards your left ear).
2. To return your lower jaw to the starting position with the appliance in the mouth, turn the Adjustment Key clockwise (towards your right ear).
Note: One turn of the key is 180 degrees or .25mm.

Exercise Bite Tabs

When the lower jaw is pulled forward during the night, it may make the jaw muscles sore and temporarily change the bite. The Exercise Bite Tabs are intended to be used as an exercise tool to put your jaw back into a normal bite position.
1. Take both Exercise Bite Tabs.
2. Place one Exercise Bite Tab between the teeth on each side of the mouth.
3. Pull your lower jaw back.
4. Once your lower jaw is in the back position, squeeze as if to put your back teeth together.
5. Remove the Exercise Bite Tabs to see if your teeth come together.
6. Repeat the process until the jaw is back in normal bite position.
Warning: It is imperative to use the Exercise Bite Tabs each morning to reduce the risk of permanent bite change.

Homecare Instructions

1. Each morning after use, thoroughly clean your TAP® 3 appliance using a regular soft toothbrush, cool water and antibacterial liquid soap. Do not use hot water. Rinse thoroughly and dry your appliance completely before storing in the container. It may help to leave the container open to ensure that your TAP® 3 dries thoroughly.
2. You may disinfect your TAP® 3 appliance once every two weeks in a solution of mouthwash and water (half mouthwash and half water) or you may substitute a denture cleanser, like Efferdent, for mouthwash. Your TAP®3 should be soaked in this solution for no more than 10-15 minutes. A small, ultrasonic device can be used with the denture cleanser daily for 5 minutes.
3. Rinse with water before use.
4. Always brush your teeth and floss well before inserting the TAP® 3 in your mouth.
Note: Using mouthwash or a denture cleanser will cause the plastic materials of the appliance to deteriorate more rapidly or delaminate more easily. The best way to keep the TAP® 3 appliance clean is to brush it each morning after use. Sparingly soak the appliance if further measures need to be used in order to clean the appliance.

Warning: The TAP® 3 should be stored in a cool, dry place. The appliance is made from heat sensitive materials and should not be stored where temperatures exceed 120°F, such as in the glove compartment of a car or the cargo hold of an airplane. In addition, do not clean the appliance in hot or boiling water, nor soak it in bleach or hydrogen peroxide which will cause the trays to distort or the lining to become brittle and delaminate.

Warning: Do not disassemble any of the TAP® 3 hardware. The TAP® 3 is a medical device and you must not tamper with it other than following the specific instructions in this handout.