

APPLIANCE DELIVERY AND FITTING

Appliance Delivery

- At the scheduled appointment, present the custom-fabricated oral appliance to the patient.
- Check and confirm that the appliance matches the specifications and prescription.
- Re-Check with the Pharyngometer.

Fitting and Adjustment

- Test the fit of the appliance in the patient's mouth, making necessary adjustments for comfort and effectiveness.
- Instruct the patient on how to insert, remove, and care for the appliance.

Patient Education

- Educate the patient about the proper use of the appliance, including any precautions or practices to follow for optimal results.
- Discuss the expected outcomes and any potential side effects or discomforts that may occur initially.

Proof of Delivery and Documentation

- Have the patient sign a Proof of Delivery form.
- Document the appliance delivery, fitting details, and patient education in the REMmanager Software.

Follow-Up Scheduling

- **1 Week Call Follow Up**
 - Call and see that they are compliant and wearing appliances at night.
- **Patient Follow-up Appointment**
 - During the follow-up appointment, assess the effectiveness of the oral appliance.
 - Check for fit, comfort, and make any adjustments needed.
 - Discuss any concerns or issues the patient may have experienced and address them accordingly.
- **Treatment Efficacy Evaluation**
 - Evaluate the patient's symptoms and any improvements in their sleep quality since starting appliance therapy.
 - Consider recommending a follow-up sleep test if necessary to quantify the treatment's effectiveness.

Long-term Care and Management

- **Annual Reviews**

- Plan for annual reviews to monitor the long-term effectiveness of the appliance and the patient's overall oral health.
- Educate the patient on the importance of regular follow-ups for the maintenance of their oral appliance and continued management of their sleep disorder.

Documentation and Records Update

- Update the patient's records in the REMmanager software with all details from the follow-up appointment.
- Document any changes in treatment plans, appliance adjustments, and patient feedback for future reference.
- Once the subjective report of symptoms has improved, re-test with a NON-DIAGNOSTIC Home Sleep Test (HST) to verify appliance success.
- *This is why you need to have Watch Pat's in your practice to administer.*
- Annually, follow up with an HST
- Inform the patient about the importance of this follow-up to ensure the success of the therapy.