

In-Servicing Quick Start Guide

Thank you for choosing ProSomnus® Sleep Devices. ProSomnus Devices are designed for comfort, retainer-like fit, ease of use, and effectiveness. This Quick Start Guide offers three sets of clinical tips to ensure excellent treatment outcomes.

1. CASE SUBMISSION



2. CASE DELIVERY



3. PATIENT USE



1. CASE SUBMISSION TIPS

Device Selection

ProSomnus Device	Description	Design Features	Titration	Additional Arches
ProSomnus [IA]	The only precision Iterative Advancement Medical Device for OAT.	Customizable, Monogram Features	Advancement Arches	Unlimited
ProSomnus [IA] SELECT	Designed to be the most comfortable Medical Device for OSA.	Standard Features	Advancement Arches	Fixed Series or Unlimited
ProSomnus [PH]	The only precision Herbst-style Medical Device for OAT.	Standard Features	Herbst Arms	As needed
ProSomnus [CA] LP	The only low profile Continuous Advancement Medical Device for OAT.	Standard Features	Expansion Screw	As needed
ProSomnus MicrO ₂ ®	Standard design optimized for the physiology of the patient.	Standard Features	Advancement Arches	Fixed Series
ProSomnus [MOG]	The first precision Morning Occlusal Guide.	Design includes an anterior bite ramp.	N/A	N/A
ProSomnus [MOG] MIP	The first precision Morning Occlusal Guide.	Design enables true, full occlusal contact.	N/A	N/A

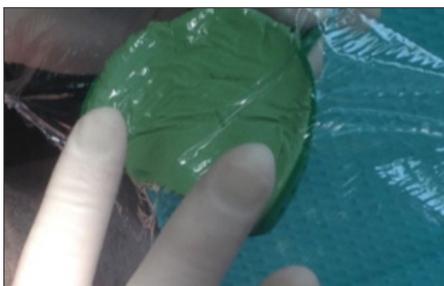
Monogram™ and Customization Preference Selection for ProSomnus [IA]

	Splint Coverage Options		Anterior Splint Options		Dual Post Angle Options		Additional Options			
	Lingualless	Lingual Coverage	Anterior Discluder	Anterior Airway	70° Dual Posts	90° Dual Posts	Metal-Free Hooks	Extra Lateral Play	Reinforcement	Compliance Sensor
Large Tongue/Small Arches	X									
Gagger	X									
Claustrophobic	X			X	X					
Promote Nasal Breathing	X						X			
Crowding	X									
Malocclusion	X									
Partial Edentulism		X								
Clenching			X		X			X	X	
Bruxism			X		X			X	X	
Anterior Open Bite			X							
Mouth Breather				X			X			
Nasal Blockage				X						
Extensive Range of Motion							X	X	X	
Compliance Verification										X

Traditional Impressions

A good impression may help limit the risks of side effects. ProSomnus Devices are designed for a retainer-like fit, for the purpose of mitigating the risk of unwanted tooth mobility. To achieve this purpose, ProSomnus Devices use interdental embrasure adaption, or undercuts, for retention instead of ball clasps.

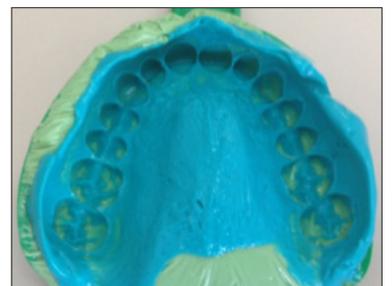
Many clinicians have excellent success with a putty/wash two stage technique:



Use cellophane spacer to keep first set clean.



Apply light body material.



Review impression quality.

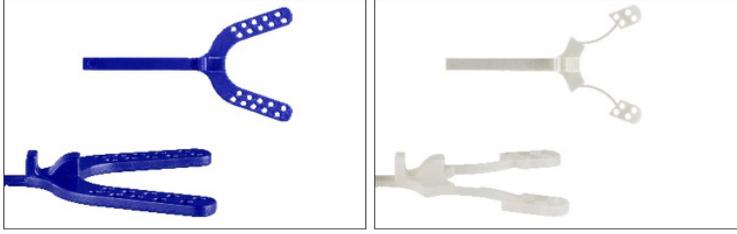
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Digital Case Submission

ProSomnus welcomes Intraoral Scanning for impressions and bites. Please follow the instructions from the scanner manufacturer. For the best experience, please include a digital impression, digital bite and digital Rx.

Bite Registration

ProSomnus recommends using our 3mm bite fork to ensure adequate inter-arch space. The 3mm digital bite fork has three spaces for PVS material, and cutout areas to scan the bite.



ProSomnus 3mm Bite Forks.

ProSomnus 3mm Digital Bite Forks.

Prescription

A complete Rx with the case will help avoid delays.

- Be sure to use the correct, product specific Rx.
- Indicate advancement series (if applicable) and Monogram Customization Features (if applicable).
- Indicate personal preferences in the upper right-hand section. Special instructions can be written in the lower right-hand section.

2. CASE DELIVERY TIPS

Retainer-Like Fit

Before insertion and removal, explain to the patient that the device may feel tight, and why. Explain that once the device is inserted it should feel snug yet comfortable.

Device Insertion & Removal

- Explain to the patient that during insertion and removal, the device may feel tight by design, but once the device is in, it should be snug and comfortable.
- Try-in Upper Arch first, using a vertical insertion path. Wait a few minutes before asking the patient about tightness or feel. Then remove.
- Try-in Lower Arch, using a vertical insertion path. Wait a few minutes before asking the patient about tightness or feel.
- If an arch is very tight, you may use a water-soluble lubricant or glycerin to lubricate the path.
- Place the Upper and Lower Arches together like a sandwich, ensure the lower posts are in front of the upper posts. Place into the mouth and let the patient close into the arches. **Note:** *If fit is tight, wait a few minutes for the patient to get use to the feel, most will. You can review care instructions during this time.*

Device Adjustments

- It is best to minimize chairside adjustment to maintain retention. Some wait until the next visit so the patient has a chance to wear the device and acclimate. If adjustments are needed, use a small diameter acrylic bur and do so sparingly.
- Do not remove the device one-handed, this will place unnecessary torque on the device frame and may cause breakage. Use one hand on each side of the arch to remove.

3. PATIENT USE TIPS

Cleaning

- Each morning after use, thoroughly clean the ProSomnus Sleep Device using a regular soft toothbrush, cool or warm water and mild soap, such as orthodontic device cleaners, or antibacterial liquids. Do not use denture cleaners, as they may be too harsh.
- Rinse thoroughly and dry the appliance completely before storing in the container. It may help to leave the container open to ensure that the devices dry thoroughly.

Storage

- Daily soaking of the device is not necessary, nor recommended. **Note:** *Water can etch the surface of the PMMA and leave mineral deposits. Mouthwash or concentrated bleach solutions can permeate the PMMA material.*

For further instruction, please refer to the Doctor Instructions for Use and/or the Patient Instructions for Use that accompany each device case. You can also visit ProSomnus.com to download IFU's and read our Terms & Conditions.