

# AM Aligner

## **Purpose**

The purpose of the AM Aligner is to counteract the destructive forces that represent the most significant side effect of a mandibular anterior repositioning splint used for the treatment of obstructive sleep apnea and other sleep disordered breathing. The forces that are inherent in repositioning the mandible forward are to incline the maxillary anterior dentition towards the palate and the mandibular anterior teeth towards the labial. This also creates interproximal spaces in the upper posterior region of the dentition. This side effect is most significant in people who do not have an adequate anterior overlap situation. The patients who have an end-to-end relationship in the anterior region are at highest risk for the side effects. Therefore, the purpose of this AM Aligner is to offset these forces by creating a centric occlusion splint that will be fabricated before the MAS is delivered. This exercise tool is constructed from a thermoplastic material that, when is heated, can be molded onto the upper dentition by hand and the patient will be instructed to bite into this thermoplastic material while still soft and create indentations for the mandibular teeth to set at the proper position. After this thermoplastic material is hardened at normal temperature, this will become a device to use every morning after wearing the MAS to reposition the teeth into that normal centric occlusion relationship.

## **Clinician Delivery Instructions.**

1. Take the thermoplastic wafer and place it into water that is over 160 degrees Fahrenheit until it is soft and malleable.
2. Take this soft wafer and put it up to the patient's maxillary dentition and press with your thumb in the palatal area. With your index finger, while at the same time using your thumb to wrap the edges of the disk around the teeth in the maxillary arch, start from the posterior working your way to the anterior.
3. Run your fingers along the disk while at the same time pinching the wafer against the maxillary teeth. As you come towards the anterior you notice that there will be an excess fold that can be folded over to the side and smashed back into the disk to make it smooth.
4. Keep massaging the disk against the teeth and the palate keeping it in contact until the disk hardens.
5. Remove the disk and take an E-Cutter to trim any hard extensions that are undesirable.
6. Take a rubber point burr and smooth out any sharp edges along the sides of disk.
7. Give the AM Aligner with instructions to the patient.

## **Contraindications.**

1. Allergic response to the thermoplastic material.
2. Severe class 2 or severe class 3 situations where a custom made splint will be better served.
3. Environment of storage is extremely warm (such as a car glove compartment), which would cause distortion of the device.
4. Any situation where a more rigid mandibular repositioner is indicated.