

Clinical Reference for the OASYS Hinge Appliance™



The **OASYS Hinge Appliance™** is a medical device that treats sleep-disordered breathing. It alleviates snoring and mild to moderate obstructive sleep apnea by positioning the mandible forward during sleep to prevent the tongue and soft tissue of the throat from collapsing into the airway. The device consists of upper and lower splints that fit over the teeth. The telescope-style hinges are designed to allow freedom of lateral mandibular movement, with up to 10 mm of protrusion. Because the appliance is **Medicare approved**, it is eligible for reimbursement for patients 65 years of age and older.



The custom-fit OASYS Hinge Appliance is a one-piece device. It consists of upper and lower splints that are connected by telescope-style hinges.



STEP 1: Instruct your patient to insert the appliance into the mouth.

- Push the upper splint onto the maxillary teeth first.
- Follow by sliding the mandibular teeth into the lower splint.



STEP 2: If the appliance is too tight or uncomfortable, make adjustments by using an acrylic bur.



The appliance arrives from the lab with a 2 mm protrusive starting point. The hinges have anterior advancement holes and the hex driver is used to advance the mandible in half-turn increments (clockwise from the doctor's perspective).

- Each 180-degree turn is 0.25 mm advancement.
- One full turn is 0.5 mm advancement.
- Two full turns is 1 mm advancement.



STEP 3: Determine if your patient should begin treatment at the 2 mm protrusive position, and demonstrate to your patient how to adjust the protrusion.

- To extend the jaw forward, instruct your patient to insert the hex driver into the front of the hinge.
- The patient should turn the driver one full rotation of 0.5 mm forward (clockwise from the doctor's perspective; counterclockwise from the patient's perspective) per night on each hinge until symptoms are alleviated.
- Turning the driver counterclockwise (doctor's perspective) will decrease extension of the lower jaw.



STEP 4: Note the ball clasps on the top and bottom portions of the appliance. Optional elastic bands, which are included in each case, may be attached to the ball clasps to help the following:

- Limit jaw movement
- Encourage nasal breathing
- Minimize dislodgement of the splints

OASYS Hinge Appliance is a trademark of Dream Systems LLC.

For more information

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Sleep appliances from the lab that never sleeps™

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