



YOU DESERVE A
GOOD NIGHT'S SLEEP

MSi
Mandibular Snoring Inhibitor

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You deserve a good night's sleep...

You clinician has chosen the MSI for you as it is a high quality, comfortable anti-snoring appliance designed to improve the quality of your sleep. Made from medical grade materials, the MSI has been tested and approved by hundreds of patients.

How to fit the MSI

- Place the hooked upper appliance in the mouth and push into place.
- Place the lower appliance in the mouth and press into place.
- To locate the hook correctly, move your lower jaw forward until engaged.

To remove:

- Push your lower jaw forward to disengage the hook.
- From an edge, push lower appliance in an upwards direction and upper appliance in a downwards direction to dislodge and remove.

How to adjust the MSI

It is important for you to take time to get used to the feel of the MSI as initially, it may feel uncomfortable. For the first two weeks, wear the device without any advancement with the adjustment key.

1. Once you are used to the appliance, a gradual adjustment of the MSI is recommended (one turn of the screw; 0.5mm advancement a week) until the optimum position is found. It isn't simply a matter of the further forward the better; it's about finding the "sweet spot" where snoring will cease.
2. Use the adjustment key to move the advancement hook forward or backwards. Clockwise to advance, anti-clockwise to retreat.
3. Adjustments of the MSI should be made whilst wearing the appliance to ensure the key is inserted and the hook thread is not adjusted to its full extent. If no further adjustment is available, it can be repositioned by the manufacturer. Warning! If the key is turned when resistance is felt, you risk damaging the mechanism and a costly repair.

Using the adjustment key

Adjusting the MSI is easy with the specially designed key.

- An indentation on the shaft of the key helps to register a full turn of 360° degrees.
- Unlike larger keys, the MSI key can always be positioned with the indentation visible.
- To ensure the screw socket will never be damaged, the adjustment key head is sacrificial and specifically designed to fail before the socket if over tightened.
- The MSI adjustment key head is compact, easy to use, and more reliable than flat head keys.

Product Information

The MSI is specifically designed to treat snoring and mild to moderate Sleep Apnoea during sleep in accordance with any specific instruction provided by your dentist. It

is constructed from a bi-laminated plastic and 316 stainless steel. Both are medical grade materials and bio-compatible.

Guarantee

The mechanical screw in your MSI is guaranteed against structural material/mechanical failure for a period of 24 months.

Maintenance

Your MSI should be cleaned daily with a soft tooth brush and ordinary hand soap and rinsed clean. We recommend that at least once a week it is also disinfected with antibacterial tablets to protect against micro-organisms, plaque and discolouration.

Possible side effects

As you become accustomed to the appliance, you may experience some side effects. This is perfectly normal and they should disappear after time.

Common side effects

- Tooth discomfort
- Jaw discomfort after advancement
- Salivation
- Temporary alteration in your bite for the first hour in the morning

Uncommon side effects

If you experience any of the following side effects, stop wearing the MSI immediately and consult your dentist.

- Tooth movement
- Changes in how your upper and lower teeth make contact
- Gum or tooth soreness
- Pain or soreness in your jaw joint
- Excessive salivation
- An inability to breathe through the mouth

Do not use the MSI if:

You are under 18 years of age, or if you are diagnosed with, or suffer from:

- Central sleep apnoea
 - Severe respiratory disorders
 - Loose teeth
 - Advanced periodontal disease
 - Nausea or vomiting
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