



MSi

Mandibular Snoring Inhibitor

YOU DESERVE A
GOOD NIGHT'S SLEEP

Supplied By:



MSi

Mandibular Snoring Inhibitor

You deserve a good night's sleep...

You clinician has chosen the MSi snoring appliance for you as it is a high quality, comfortable anti-snoring appliance designed to improve the quality of your sleep.

How to fit the MSi snoring appliance

- Place the upper appliance (featuring the hook) in the mouth and push into place covering the upper teeth.
- Place the lower appliance in the mouth and press into place covering the lower teeth.
- 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.

It is important for you to take time to get used to the feel of the MSi snoring appliance as initially, it may feel uncomfortable. For the first week, wear the device without any advancement with the MSi adjustment screwdriver.

How to adjust the MSi snoring appliance using the MSi adjustment screwdriver

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 "optimum position" where snoring will cease or be reduced.

2. Use the MSi adjustment screwdriver to move the advancement hook forwards in a clockwise direction as you have been directed by your clinician.

3. Adjusting the MSi snoring appliance is easy with the specially designed MSi adjustment screwdriver. An indentation on the shaft of the MSi adjustment screwdriver helps to register a full turn of 360° degrees. The MSi adjustment screwdriver can always be positioned with the indentation visible.



4. Adjustments of the MSi snoring appliance should be made outside the mouth to ensure the MSi adjustment screwdriver is fully inserted and the hook thread is not adjusted to its full extent. Warning! If the MSi adjustment screwdriver is turned when fully extended and resistance is felt, you risk damaging the mechanism and a costly repair.

5. If no further adjustment is available, it can be repositioned by the manufacturer.

Cleaning of the appliance

Your MSi snoring appliance 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 nitridine 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. These are normal and temporary however speak to your clinician if you have any concerns.

Common side effects

- Tooth discomfort / aching
- Jaw discomfort after advancement
- Excess salivation and/or dry mouth
- Temporary alteration in your bite for the first hour in the morning

Allergys

The MSi snoring appliance contains Nickel Chromium.



The MSi is a Custom Made Device.

IFU028 - Issue 4 - 19/01/24
