

Warnings and Possible Side Effects

Note: Read all instructions before using the dreamTAP™

Warnings:

- This device is intended to reduce or alleviate nighttime snoring and obstructive sleep apnea (OSA). If symptoms, breathing difficulties or other respiratory disorders exist or persist, with or without the device, the patient should contact the prescriber immediately.
- The dreamTAP™ should only be used as directed. Do NOT misuse the product.
- You may experience soreness or discomfort in your jaw or teeth. If discomfort persists, you should contact the prescriber.
- In the morning, you may sense a change in your bite. This change should disappear as the day progresses. If it continues with no change, you should contact the prescriber.
- US Federal Law restricts this device to sale by prescription only.
- Do NOT use if you have braces.
- Do NOT use if you have not seen a dentist in the last 12 months or are under active treatment.
- Do NOT use if you have loose teeth, loose crowns, or loose fillings.
- Do NOT use if you have temporary crowns, removable dentures, or bridges.
- You may experience obstruction of oral breathing with any oral appliance in the mouth.
- Do not store or transport the dreamTAP outside the temperature range of -4°F to 122°F (-20°C to 50°C)
- You must have at least 8 natural, healthy teeth in each arch.
- In the event of muscle or jaw joint pain, discontinue use for a minimum of two days or until pain subsides and consult the prescriber.
- Discontinue use if experience discomfort and consult the prescriber.
- Do NOT use the dreamTAP™ if vomiting or feeling nauseous.
- Do NOT use if the patient cannot remove the product themselves.
- You should return to the prescriber at least yearly, or as often as necessary, for re-evaluation. If the dreamTAP™ is lined with ThermAcryl™, the lining will need to be replaced at least yearly.
- If the appliance becomes loose, damaged, or does not fit properly, contact the prescriber.
- Do NOT wash the dreamTAP™ in the dishwasher or use dishwashing liquid to wash the dreamTAP™.
- Do NOT clean the dreamTAP™ with products that contain chlorine, bleach, moisturizer, antiseptic, anti-bacterial agents or alcohol.
- Do NOT store the dreamTAP™ in direct sunlight.
- The operating temperature range of the dreamTAP™ is 40°F to 104°F (5°C to 40°C)
- For use by adults only (>66lb/30kg)
- Discontinue use if the dreamTAP™ is damaged or cracked.
- Allergic reactions may be encountered. Discontinue use if reaction occurs and consult prescriber.

Possible side effects:

There are possible side effects associated with using the dreamTAP™ appliance. These side effects are not uncommon. If you experience any of the following side effects, you should contact your prescriber immediately.

- Slight tooth or gingival discomfort due to pressure of the appliance.
- Excess salivation initially. This will improve as you become accustomed to wearing the dreamTAP™.
- Slight jaw soreness or tightness, initially and with adjustments.
- Temporary bite change. This will subside approximately 30 minutes after the dreamTAP™ is taken out of the mouth in the morning and the AM Aligner is used.
- Unconsciously taking the dreamTAP™ out of his/her mouth at night.
- Movement of the teeth.
- Pain in the jaw joint
- Permanent bite change.

dreamTAP™

Patient Instruction for Use




TAP PAP

myTAP™



Airway Management Contacts

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Important Safeguards

SAVE THESE INSTRUCTIONS

The following words in this manual have special significance.

Warning: Means there is a possibility of injury.

Note: Indicates point of particular interest for more efficient and convenient operation.

Indications: The dream Thornton Adjustable Positioner™ (dreamTAP™) is intended to reduce or alleviate nighttime snoring and obstructive sleep apnea (OSA). The appliance is for adult patients to be used when sleeping at home or in a sleep laboratory and is for single patient use.

Contraindications: This device is contraindicated for patients with loose teeth, loose dental work, dentures, or other oral conditions, which would be adversely affected by wearing dental appliances. In addition, the appliance is contraindicated for patients who have central sleep apnea, have severe respiratory disorders or who are under 18 years of age.

Introduction

The Thornton Adjustable Positioner™ (dreamTAP™) is an oral device intended to reduce or alleviate nighttime snoring and obstructive sleep apnea (OSA).

The dreamTAP™ (See images below) device consists of an Upper Tray that fits over the upper teeth and Lower Tray that fits over the lower teeth. A hook mechanism attached to the Lower Tray fits onto a bar attached to the Upper Tray and positions the lower jaw forward, preventing the soft tissue of the throat from collapsing and obstructive the airway. The Adjustment Key of the dreamTAP™ permits the patient to adjust the protrusion of his/her lower jaw to the most effective and comfortable position.

NOTE: Failure to follow these instructions may compromise the performance and safety of the dreamTAP™.



The dreamTAP™ is supplied with a notched bar design to prevent the hook from disengaging. Any adverse events that might occur due to altering the appliance is the responsibility of the person performing the alteration.

Linings: The device is fabricated on the dental casts of individual patients. The outer layer of the dreamTAP™ trays is an orthodontic acrylic. There is a choice of two unique linings. The first lining, dreamTAP™ ThermAcryl™ is a thermoplastic material which softens when heated and molded to the patient's teeth at the time of delivery. The lining is unique because it can be reheated and re-molded to the patient if the patient has had any dental work, like a crown.

Note: ThermAcryl™ is a heat sensitive lining and may deform if subjected to temperatures greater than 160° F. If it is heated above 160° F the impressions of your teeth in the tray will deform and your dreamTAP™ will no longer fit.

The second lining, dreamTAP™ Triple Laminate (TL), consists of a dual laminate material that features hard and soft linings (typically PETG and Polyurethane). This lining is more comfortable than the ThermAcryl™, but it cannot be re-molded or relined so it is not recommended for patients who are expecting dental work.

Each dreamTAP™ package contains:

1. An Upper and Lower Tray
2. Instructions for Use
3. Storage Case
4. AM Aligner
5. Adjustment Key

Directions for Daily Use

1. Inspect the device prior to each use. Contact your prescriber if you observe any material separation, material degradation or damaged parts.
2. Engage the Hook of the Lower Tray with the bar of the Upper Tray before placing the trays into your mouth. Make sure the Hook is not dialed too far forward that you cannot comfortably snap the trays over your teeth while engaged.
3. Gently relax your jaw once the dreamTAP™ is in your mouth.
4. To remove either the Upper or Lower Trays, gently open your mouth. Lift up on either the Upper or Lower Tray on one side from the back of the mouth, next to the last tooth.

Warning: The dreamTAP™ trays should never be worn separately. Always wear both trays when using the appliance.

Operating the Adjustment Key

Note: Operating the Adjustment Key is written from the perspective of the patient with the dreamTAP™ is in his/her mouth. Always adjust your appliance when looking in the mirror.

1. To pull your lower jaw forward with the appliance in the mouth, turn the Adjustment Key **counter-clockwise (towards your left ear)**.
2. To return the lower jaw to the starting position with the appliance in your mouth, turn the Adjustment Key counter clockwise (towards your left ear).

Note: One turn of the key is 180 degrees or .25 mm.

AM Aligner

Refer to separate AM Aligner Instructions.

Product Disposal

The dreamTAP may be placed in the general household waste receptacle.

Home Care Instructions

Warning: It is imperative to use the AM Aligner each day to reduce the risk of permanent bite change.

- Each morning after use, thoroughly clean your dreamTAP™ appliance using a regular soft toothbrush and cool water. Do not use hot water.
- Rinse thoroughly and dry your appliance completely before storing in the container. It may help to leave the container open to ensure that your dreamTAP™ dries thoroughly. Please store your appliance out of reach of pets and small children.
- You may freshen the dreamTAP™ every 2 weeks in a solution of diluted hydrogen peroxide (use equal parts hydrogen peroxide solution and water) for no more than 5 minutes. Afterwards, the appliance must be rinsed thoroughly with cool water and allow to dry. Always brush your teeth and floss well before inserting the dreamTAP™ in the mouth.

Note: Using hydrogen peroxide will cause the plastic materials of the appliance to deteriorate more rapidly or delaminate more easily. The best way to keep the dreamTAP™ appliance clean is to brush it each morning after use. Sparingly soak the appliance if further measures need to be used in order to clean the appliance.

Parts

Short Hook
PART95ASM



Medium Hook
PART96ASM



Long Hook
PART97ASM

