

EMA-CUSTOM

The Elastic Snoring and Sleep Apnea Appliance

EMA-Custom is by far the least obstructive mandibular advancement device available. Just like all other traditional mandibular advancement devices, it help to maintain the mandible in a slightly forward position and help keep the airway open during sleep.

EMA-Custom consists of an upper and a lower appliance held together by elastic straps attaching to buttons on both side of the appliances. The elastic straps are available in 5 different lengths and 4 different firmnesses. We always start with the longest and softest straps at the very beginning. If they do not adequately solve either your apnea or snoring problem, shorter or firmer straps may be inserted after three to five nights. CALL OUR OFFICE FOR ADDITIONAL STRAPS IF NEEDED.

When you find the optimum position on the appliance, you should notify our office of the strap size and colour used. This information will allow us to provide you with new straps as they are needed.

Some patient's jaw muscles relax quickly and allow weeks or even months between the changing of straps. Others stretch the straps in one week, or less, especially in the first month or two. In any case, take note of the straps. If the straps are getting loose or the EMA-Custom seems to be less effective after a while, you may need new or different straps, call our office and we will provide you with the proper straps.

You will notice an increased flow of saliva when wearing the EMA-Custom appliance in the beginning, which will soon subside.

You may also initially experience tooth soreness, and jaw muscle fatigue due to clenching the teeth as well as pulling the lower jaw forward. This occurrence is normal, and will subside as your mouth becomes accustomed to the appliance. If one or two teeth are extremely sore, or if the gums become sore, or if you jaw joint become painful, you should call our office for an appointment as soon as possible.

You are encouraged to clean the appliance every morning with denture cleaning tablet (Efferdent or Polident) in a cup of cold tap water. The straps can be left on during the cleaning process. DO NOT PLACE THE APPLIANCE IN ANY COMMERCIAL MOUTHWASH OR HOT WATER.