

## Mandibular Advancement Splint (MAS)

The Mandibular Advancement Splint (MAS) you have been issued with is designed to posture the lower jaw and tongue forward as you sleep. In doing so, it aims at keeping your airway open when your muscles are relaxing as you sleep.

Ideally, you should have completed a sleep test (polysomnography) with a sleep physician, and this test should be repeated once all of the adjustments to the MAS are complete. This will allow an accurate diagnosis and indication of the effectiveness of the treatment you have received.

An MAS is effective in the treatment of Obstructive Sleep Apnoea in approximately 65% of cases. This counts for about a third of cases which have complete resolution of symptoms and about a third which have partial success. Approximately one third or 35% of Obstructive Sleep Apnoea cases do not respond to treatment with an MAS.

Short-term side-effects include increased salivation and drooling, as well as discomfort while wearing the MAS. After a couple of nights persevering with the MAS you should get used to wearing it and the extra salivation should decline. Ideally the MAS should be used for 6-8 hours per night and a minimum of four hours per night.

You may experience some pain in your jaw joint. If this occurs stop wearing the splint and contact me. It indicates that it may be activated a little too much and needs a slight adjustment.

The most significant side effect associated with wearing an MAS is changes in your bite. The MAS causes the top teeth to move back and the bottom teeth to move forward. On average there is a bite change of 1-2mm over a 4-5 year period. This cannot be predicted and some people may experience significantly more or less of a change compared with other people. To help minimise the bite change which will occur with time, the frequency of use of the MAS should be minimised and used in conjunction with Continuous Positive Airway Pressure (CPAP) therapy.

It is considered, the systemic benefits of treating Obstructive Sleep Apnoea (improved blood pressure; reduced incidence of stroke and heart attack; and 6-8 times less likely to have a motor vehicle accident) far outweigh the disadvantages of these bite changes.