

Patient Instructions

Upon Receiving your Oravan™ Herbst

Your dentist or sleep physician will clean and inspect your Oravan Herbst prior to fitting. If you have any difficulties after this fitting session, be sure to contact your prescriber right away.

The upper piece is marked with an orange dot.

Firmly press the upper component into position over your upper teeth. It will click into place once in the correct position.

Next, firmly press the lower device into position. You will notice that there is ample room for your tongue. You will be able to close your lips naturally.

To remove the device, gently grab the sides and pull it off your teeth. It is easier to remove the lower piece first, and the upper piece second.

It is not uncommon to feel that your bite is off after using the device, some tooth soreness, and jaw muscle fatigue. These symptoms should subside after the device is removed within 10 minutes.

Special Note



We suggest chewing sugarless gum to help relieve the fatigue. Your dentist can also provide you with range of motion exercises of the jaw that will help alleviate the symptoms.

Cleaning the Oravan™ Herbst Appliance



Each time you remove the Oravan Herbst, rinse both parts with cold water and use a soft toothbrush. If you wish to use toothpaste to clean the Oravan Herbst, brush lightly and thoroughly rinse.

Shake dry and store the device in its container until the next use. Never leave your appliance out of the storage case when you are not wearing it.

If a white film or an odor begins to develop, you may use any over-the-counter denture cleaner to soak the appliance.

Warranty

Oravan™ Herbst is custom made for each patient from premium grade materials. Each appliance is manufactured in a US facility using quality systems uniquely designed to meet strict FDA requirements. Quality checks are performed on each appliance to ensure a superior, safe and durable appliance. We confidently offer a one year warranty against manufacturing defects.

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Dentist/Patient Instructions for Use



Oravan™ Herbst



Truly Open Anterior



Telescopic arms



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****THE UNIQUE DEVICE ID # IS LOCATED INSIDE THE UPPER COMPONENT NEXT TO THE "OravanOSA" LOGO**



Indication for use

The Oravan™ Herbst is FDA cleared for the treatment of mild to moderate obstructive sleep apnea and snoring.

Device Description

There are two unique acrylic pieces that fit over the top and bottom teeth held together by a telescopic arm. The Oravan Herbst is fully adjustable for maximum benefit to treat the symptoms of obstructive sleep apnea and snoring. The Oravan Herbst sleek design allows for comfortable mandibular movement. The Oravan Herbst is made of orthodontic acrylic.

Contraindications

The device is contraindicated for patients who:

- have central sleep apnea
- have severe respiratory disorders
- have loose teeth or advanced periodontal disease
- are under 18 years of age
- have temporary orthodontic devices

Warnings

Use of the device may cause:

- tooth movement or changes in dental occlusion
- gingival or dental soreness
- pain or soreness to the temporomandibular joint
- obstruction of oral breathing
- excessive salivation
- dry mouth
- pressure sensitive teeth

Dentist Instructions



Upon Receiving Oravan™ Herbst

Please check to ensure all package contents are included:

- ✓ Oravan Herbst appliance
- ✓ Titration screw key
- ✓ Protective case
- ✓ Upper and lower molds
- ✓ Bite registration plate and tray

Always inspect the Oravan Herbst upon receipt for any potential shipping damage. Please contact the manufacturer for any questions or concerns.

Clean the Oravan Herbst before fitting on the patient (see cleaning instructions on back).

Inserting the Oravan™ Herbst

It is recommended to insert the maxillary (upper) component of the device first and then the mandibular (lower). The top piece is marked with an orange dot.

The appliance should seat firmly and securely, with no rocking and no pressure on the tissue or teeth. If there is any resistance, do not force the appliance into position.

In case of resistance...

If there is resistance, it is likely due to the ball clasps. See if that is holding up the proper seating.

Start with the maxillary piece and adjust the ball clasp by moving it to the buccal. Sometimes you will need to remove some of the acrylic behind the ball clasp with a small round burr in order to gain more movement of the clasp.

Repeat the same process for the mandibular.

Have the patient practice seating the appliance by placing the maxillary component first and then placing the mandibular component second.

When removing the appliance, it is easier to remove the mandibular first and the maxillary second.

Titration

The appliance can be titrated by inserting a key into the adjustment mechanism that is located on the anterior mandibular component of the device (pictured below).

Turn the key in the direction of the "+" sign or the orange dot to move the appliance forward. Each 90 degree turn is 1/16 of a mm, with a total of 5 mm of advancement.

Make sure to move both sides equally.

90° Turns (n)	1	4	8	16	24	32	40	48	56	64	72	80
Adjustment (mm)	0.0625	0.25	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0

