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# The AM Aligner

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The purpose of the AM Aligner is to counteract the forces that represent the most significant side effect of a mandibular advancement device used for the treatment of obstructive sleep apnea and other sleep disordered breathing.

Repositioning the mandible forward at night creates a transient malocclusion in the morning with anterior tooth contact and posterior open bite. The AM Aligner is designed to reestablish the proper intercuspation of the teeth.

The forces that are inherent in repositioning the mandible forward can also incline the maxillary anterior teeth lingually and the mandibular anterior teeth facially. The AM Aligner counteracts this movement by creating a centric occlusion splint that is fabricated before the MAD is delivered.

The AM Aligner is constructed of a unique thermoplastic material that can be made in the office. It is used every day by the patient to return the mandible the original relationship to the maxilla.

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## AM Aligner

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### Clinician Instructions

#### Contraindications

Allergic response may occur to the thermoplastic material.

Severe Class 2 or severe Class 3 malocclusion may require a custom splint.

Do not store or soak at high temperatures (such as hot car or hot water). This would cause distortion of the appliance.

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Manufactured by:

**Airway Management**

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(866) 264-7667

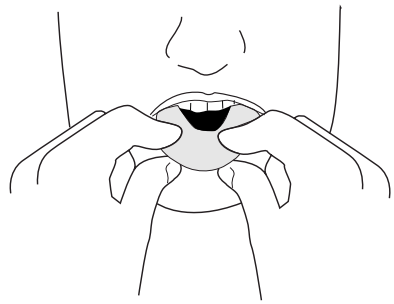
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# AM Aligner Clinician Instructions

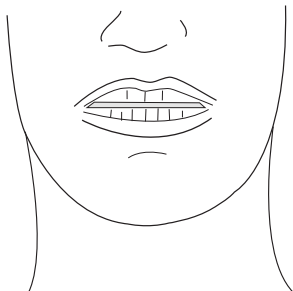
1. Place the Aligner in water heated above 160°F.

2. While the Aligner is in the water, have the patient practice closing in their usual bite position. Every morning it is important that the patient return to this position so that their occlusion doesn't change.

3. Place softened wafer over upper teeth with 4mm of wafer facial and buccal to the teeth.

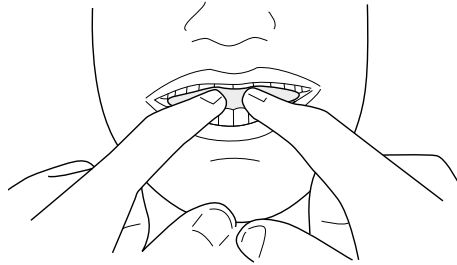


4. Have the patient bite hard into their usual bite position.

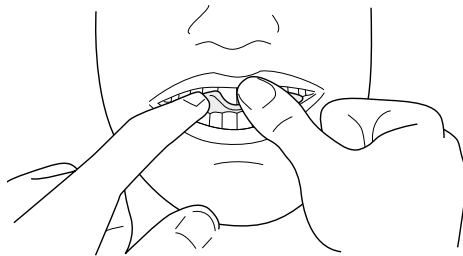


The patient should try to bite all the way through the Aligner. (When held to the light, the plastic should be very thin and almost translucent where the tooth indentations are).

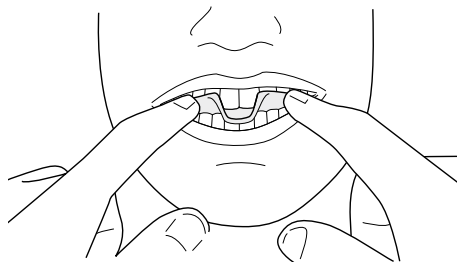
5. Mold the excess plastic over the upper teeth beginning in the middle and working your way backwards.



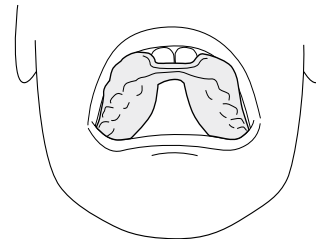
6. Using your thumb, create a slight dip in the middle so that the aligner dips down over the bottom front teeth.



7. Continue molding to the sides.



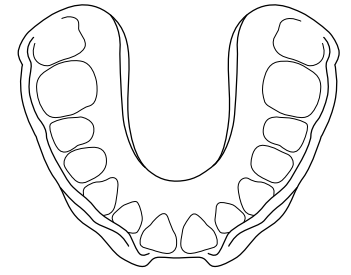
View from underneath with patient's mouth open.



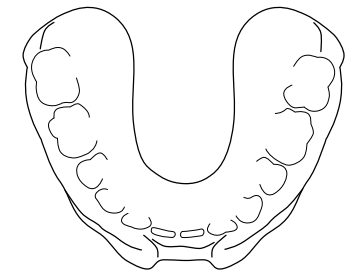
8. Have the patient mold the lingual plastic with tongue against palate.



The Aligner should have a good shape of the upper arch with deep indentations of the lower arch on the bottom of the tray.



Top view arch



Bottom view arch

9. Have patient close their lips and suck on the material to create a good fit around the teeth.

10. Let set in the mouth for two minutes.

11. Carefully loosen the plastic from the back teeth first, then remove the Aligner from the mouth.

12. Place the plastic wafer under cool water for 1 minute to fully set the plastic in position.

13. Put Aligner back in the mouth and check for fit.

14. Repeat if it doesn't fit precisely.

15. Place the plastic wafer inside the TAP® storage box along with the TAP® device.