

Caring for your MRD

- Certain foods may stain the material - do not worry.
- Each morning, rinse and dry your MRD thoroughly using a soft toothbrush or inter-space brush cool water and antibacterial liquid soap.
- Do not use hot water as this may cause the plastic to warp.
- Do not use toothpaste to clean the MRD as it contains an abrasive which will eventually roughen the smooth plastic surface.
- Rinse thoroughly and dry your MRD before storing it in the container provided.
- You should disinfect your MRD once every two weeks in a solution of mouthwash and water (half mouthwash, half water). Your MRD should be soaked in this solution for no more than 15 minutes. Rinse with water before use.
- Excessive use of mouthwash or a denture cleaner will cause the plastic materials of the MRD to deteriorate.
- Always brush and floss your teeth well before inserting the MRD into your mouth.

If you have any problems

- If your MRD causes too much soreness, is broken or otherwise faulty, you should call the helpline and leave your details.
- If your MRD is beyond reasonable repair or is more than a year old, you will need to be re-referred by your GP or original referrer.
- If you find that you cannot wear the MRD please let the team know.

Any further questions?

Sleep Disorder Unit Helpline:

01438 284898

Sleep Diagnostic Clinic:

01438 285027

Sleep Apnoea Trust

0845 6060685

www.sleep-apnoea-trust.org

You can request this information in a different format or another language.

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Mandibular Repositioning Device (MRD)

Sleep Disorder Unit, Lister Hospital



For further information:

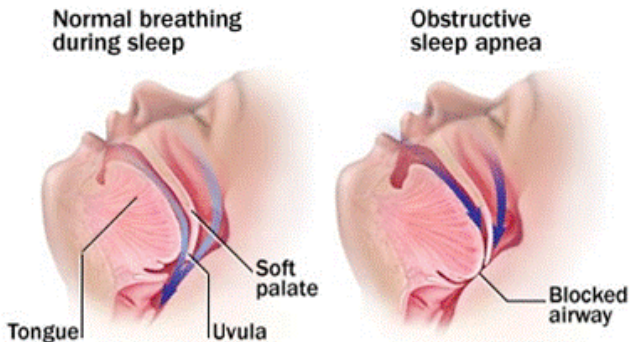
Sleep Disorder Unit Helpline 01438 284898

Obstructive Sleep Apnoea (OSA) and Snoring

These two disorders have the same cause: partial or complete obstruction of the upper part of the airway behind the tongue.

Every person who suffers from sleep apnoea snores, but not everyone who snores suffers from sleep apnoea.

- About 25% of adults snore regularly.
- 2% to 4% of adults suffer from sleep apnoea.



The Mandibular Repositioning Device (MRD)

- The MRD is an oral device which keeps your lower jaw in a forward position during your sleep.
- The MRD uses a mechanical protrusion to widen the upper part of the airway behind the tongue and reduces the obstruction.

Is the MRD right for you?

- You must use the MRD for at least a month to see any benefit.
- You must be registered with a dentist and have regular dental checks.
- You should have all of your back teeth.
- You cannot wear an MRD if you regularly have fits or convulsions
- If you have crowns or bridges, the MRD may cause them to become loose or detached.

What are the benefits?

- You should find improved sleep quality and reduced feeling of day time sleepiness.
- Many people experience increased energy levels.
- Many partners enjoy more restful sleep, as they are no longer disturbed by their partners snoring.

Are there any alternatives?

Based on the nature and severity of the obstruction, your doctor or nurse can recommend, explain and discuss alternative options with you:

- Continuous Positive Airway Pressure
- Surgical procedure

Getting your MRD

- The doctor will examine your mouth and check that you are able to wear the MRD.
- Teeth impressions will be made and measurements will be taken.
- It will take 4-6 weeks to make the MRD especially for you. You will then have a fitting appointment as minor adjustments may be needed.
- You will be given an appointment for a 3-month review.

Wearing your MRD

- Your motivation and determination to use the MRD is essential for any chance of success.
- The MRD will feel very strange at first, so wear it for a few hours each day to get used to it, for example in the evening watching TV, reading, etc.
- When you are ready you should wear the MRD at night
- Individuals often notice different tastes, increased saliva, nausea or a retching sensation or a little soreness of the gums. Any facial discomfort is generally temporary.
- There is no typical length of time an individual will need to wear the MRD.