



### EMA Band Instructions:

If you have never worn an oral appliance (Such as a nightguard), there will be an adjustment period to get used to having something in your mouth all night. The following instructions will help you transition into nightly use of the EMA appliance.

For the next two weeks you will be working toward wearing your EMA a full night. Few people can wear their appliance all night for the first night. It takes most people several nights to get to the point that they can wear their appliance for a full night without taking it out sometime during the night.

To begin this adjustment process it is recommended that you put the appliance in your mouth about 30 to 45 minutes before you lay down to go to sleep. This will give your brain and body time to adapt to the idea that something is in your mouth that you are not trying to eat. You'll likely salivate a little extra the first few times you put the appliance in your mouth.

You are starting with #20 Yellow Bands  
Blue

You have also been given # 19 Blue Bands  
#18 Blue Bands  
# 17 Blue Bands

Today you will start in a "beginning position" and should not change your bands unless you are able to wear the EMA all night without any side effects such as jaw pain or tooth pain. If you are easily able to wear the EMA all night, still wear the appliance for one night without changing the bands.

The numbering system of the bands is in millimeters so if you have a band that is #20 that means it is 20 millimeters long. The shorter the band, (19-16) the farther forward it will bring your jaw. The bands also come in two different colors, yellow, or blue. The colors indicate the strength of the band. Yellow is medium, and blue is firm.

If you have jaw pain when using the EMA appliance, this usually means that you have tried to come too far forward too fast or the band you are using is too stiff. If jaw pain occurs, move back to a LONGER band, or a SOFTER band of the same number.

If you have no jaw pain, your bite comes together easily, but you are still snoring or having witnessed apneas, then begin moving your jaw forward. You will typically progress on the following manner:

- Move forward from Yellow to Blue of the same # band.
- If you are using a blue band, move to the yellow band of the next lower number.

For example, If you left our office with a yellow #20 band, you would move forward to a Blue #20 bands. The next step would be #19 yellow band, and then you would move forward to a Blue #19 band.

If there are any questions regarding moving forward or back with your bands, please call our office at 757-929-7100