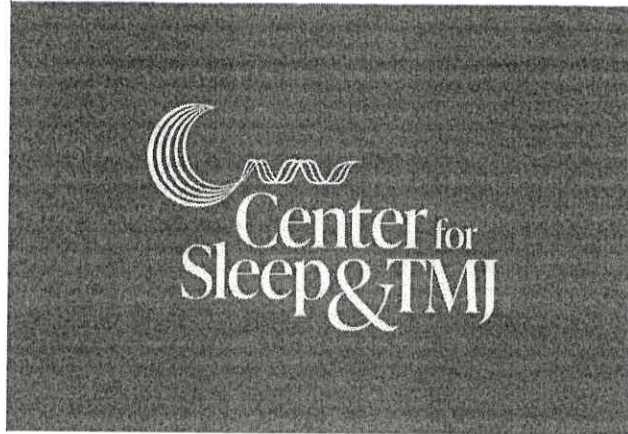


## EVO Titration Instructions: Center for Sleep and TMJ



1. If advancements are needed, move up to the next larger appliance number in 1mm increments by following the chart below. Patients receive all 5 trays when they get their appliance.

5 Tray's	Combinations	Advancement
U0 + L0	UPPER 0 + LOWER 0	= 0 mm
U0 + L1	UPPER 0 + LOWER 1	= 1 mm
U2 + L0	UPPER 2 + LOWER 0	= 2mm
U2 + L1	UPPER 2 + LOWER 1	= 3mm
U4 + L0	UPPER 4 + LOWER 0	= 4mm
U4 + L1	UPPER 4 + LOWER 1	= 5mm

**KEY: U= Upper tray, L= Lower tray**

2. Each Tray is marked with a letter and a number in the "FIN" of the device. Which is the clear side piece that sticks up. The higher they go the more their jaw will be in a forward position to keep the airway open.
3. There are clear bands that hook on the front; they are optional to patients. It just helps keep their mouths closed.
4. If you have questions please do not hesitate to give our office a call 757-929-7100 We are in the office Monday-Thursday 8-5pm.
5. If it is after hours and you have questions please reach out to Dr. Brian Briesemeister at 757-287-0757