

SNORFLEX® : Anti Snoring ElasticMandibular Advancement Device- INSTRUCTIONS

A/ Presentation of Snorflex®

Snorflex® consists of :

- one mouthpiece for the upper jaw, identified by the position of the two cleats facing towards the front.
- one mouthpiece for the lower jaw, identified by the rear facing cleats towards the back
- 1 sachet of 100 elastics

B/ Custom fitting your Snorflex®

1/ Completely submerge the two mouthpieces in a saucepan. Heat slowly on a stove until the water almost boils and then turn off the heat source. (figure 1).

2/ Carefully, remove the lower mouthpiece and shake off the excess water. In front of a mirror, quickly insert the mouthpiece and hold firmly in place for 10 seconds to get a tight fit (figure 2).

3/ Keep the lower mouthpiece in your mouth and proceed the same way for the upper mouthpiece (figure 3).

Keep both mouthpieces in position and bite them together for 1 minute.

4/ Remove both mouthpieces and place them in cold water and allow to cool (figure 4).

5/ Refit both mouthpieces into your mouth to check the fit. If the fit is not comfortable, you may repeat the exercise again, remembering this time to only dip the mouthpiece for 30 to 40 seconds into the warm (almost boiling) water.

6/ With the mouthpieces removed from the mouth, place one elastic in each cleat stretching from the upper at the front to the lower at the rear. Repeat for the other side of the mouthpiece (figure 5).

If you do not feel comfortable with custom fitting the mouthpieces yourself, consult your Dentist, your Sleep Specialist or ENT surgeon.

When placing Snorflex® in your mouth, start with the upper mouthpiece and then seat the lower one. At night, brush your teeth before wearing Snorflex®.



If you still slightly snore after a few days of wear, adding a second elastic in each cleat (both sides) may help.

For snorers with sleep apnea, it is advisable to add a second elastic in each cleat to improve efficacy.

Change the elastics every two weeks.

C/ Care and Maintenance

In the morning, remove the lower mouthpiece first.

Clean both mouthpieces in cool water with a brush and rinse well. Do not soak the mouthpieces all day but 10 minutes in a mild Denture Cleanser will help keep the mouthpiece fresh.

Store the mouthpieces in the container supplied.

If you grind or bite your teeth together at night this will reduce the life of the appliance.

D/ Possible side effects

These may include :

- Minor sensation of bite change immediately upon removal of the mouthpiece in the morning
- Slight jaw discomfort
- Excess salivation
- Sore teeth
- Change in jaw mobility
- Dry mouth
- Soreness of the gums

Persevere with the mouthpieces. In most cases side effects are minor and either do not occur at all or disappear after a few days of wear.

Jaw joint pain may occur but generally disappears after a few days of wear. If this is not the case, discontinue use or reduce the number of elastics used and consult your Dentist.

E/ Contra indications

Snorflex® requires teeth to fit to. If you wear a denture, it will not work.

If you have existing jaw problems and/or this device causes pain in your jaw joint do NOT use this device.

If you are allergic to latex, do NOT use this device.

If you are undergoing dental treatment – such as bridgework – you will need to stop using the device and then refit the mouthpieces when the bridgework is complete.