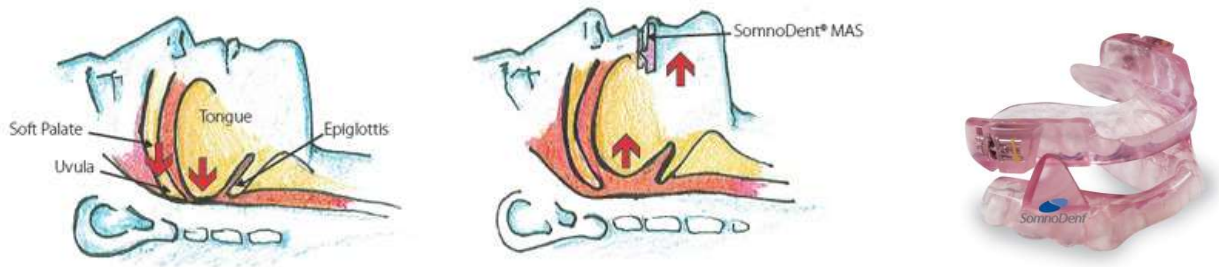


MAS PATIENT INFORMATION

A Mandibular Advancement Splint (abbreviated to MAS) is an oral appliance that looks similar to a sports mouth guard. It is prepared by a specialist dentist and is custom made to fit your mouth. It is different to an ordinary grinding/bruxism guard and always has a top and bottom piece. It is designed to hold the jaw slightly forward and/or prevent it from collapsing backwards, which in turn opens up the back of the throat and improves breathing and snoring.

A MAS usually has an adjustable component which allows the dentist to gradually bring your lower jaw forward, opening up your airway. There are various designs available, although they all do the same thing.



When is MAS therapy appropriate?

MAS therapy is appropriate for mild to moderate cases of obstructive sleep apnoea, once reversible factors have been considered (weight, alcohol consumption, nasal congestion, body positioning, tonsillar enlargement, etc.). MAS treatment is also appropriate for simple snoring and predominately positional sleep apnoea with snoring. It can be used in patients who do not benefit from other basic treatments and do not wish to pursue CPAP, or are unable to do so, or have failed CPAP treatment for various reasons.

How to organise a MAS

With a referral from your sleep physician, a consultation with a MAS dentist can be arranged. The dentist will examine you and consider your sleep study results in determining the appropriateness of MAS treatment for you. They usually ask for some imaging such as an OPG and Lateral Cephalogram. Sometimes a low-dose CT scan is ordered to determine the structure and shape of the jaw and back of the throat. Impressions are taken and the appliance is generally ready to be fitted 4 weeks later.

MAS expert dentists in our area with whom we have a long association and can recommend:

Dr Rebecca Oliver

- 1586 High St, Glen Iris
- 487 Highett Rd, Highett

ph: 9557 6770

Dr Andrew Gikas

1550 Dandenong Rd, Oakleigh
ph: 9569 8877

Dr Tennent Emerson

313 New St, Brighton
ph: 9592 2375

Dr Wally Hassoun

707 Malvern Road, Toorak
ph: 9804 7710

Appropriate follow-up

To check efficacy of treatment, repeat sleep testing using the MAS may be required. Testing determines proper beneficial advancement and maximal comfortable advancement. If sleep apnoea persists, greater advancement should be attempted if possible and/or further attempts at overcoming reversible factors.

Ongoing annual reviews with the treating dentist are recommended to check the health of teeth, gums, bite and jaw joint (TMJ).