

Moses Express

INSTRUCTIONS FOR FITTING

Professional oral appliance for the treatment of sleep disordered breathing, including snoring and sleep apnea.



MOSES APPLIANCES

www.themoses.com

Made in Taiwan
FDA Cleared for Rx Only

Package Contents:

- Moses Express
- Bite Stix
- Storage Case
- Fitting Instructions

Moses Express is FDA cleared for two uses:

- **Temporary device** - less than 30 consecutive days
 - Without any retainers or clear aligners
- **Permanent device**
 - Must add retainers on both arches
 - Custom retainers constructed of .04 inch (1 mm) polypropylene copolymer, such as Dentsply Raintree Essix C+ or clear aligners

More information at www.themoses.com

Determining the mandibular position

Find the proper Bite Stix: Determining the correct maxillo-mandibular relationship is the essential first step to making the Moses Express appliance. The wheel has 9 premeasured break-away Bite Stix, numbered 1-9. Each one has a measurement code described in the table below.

- **VERTICAL** dimension is 3.0, 4.0 or 5.0 mm.
- **PROTRUSIVE** advancements are 0 (edge to edge), +1.5 mm or +3.0 mm.
In the patient's mouth, the numbers on the handle should be faced up.

Hint: It is desirable that the patient's lips can remain comfortably closed with the appliance in their mouth.



Bite Guide #	Vertical	Advancement
#1 – 3000	3.0 mm	0 mm
#2 – 3015	3.0 mm	1.5 mm
#3 – 3030	3.0 mm	3.0 mm
#4 – 4000	4.0 mm	0 mm
#5 – 4015	4.0 mm	1.5 mm
#6 – 4030	4.0 mm	3.0 mm
#7 – 5000	5.0 mm	0 mm
#8 – 5015	5.0 mm	1.5 mm
#9 – 5030	5.0 mm	3.0 mm



Directions for fitting

Supplies:

- Pot for heating water, 6 inches deep preferred
- Timer, watch or a clock with a second hand
- Thermometer that reaches 212°F.
- Tongs or a spoon

1. Simmer water to 180-185°F Water simmers at 180°F. This is when tiny bubbles start to form at bottom of pot. Boiling water is too hot. Do not boil.
2. Use tongs or a spoon to hold the mouthpiece in water for 90 to 120 seconds, allowing enough time for the inner layer to soften. Dunk in room temperature water for no longer than 2 seconds.



Fitting on the lower arch

3. Place the softened Moses Express appliance in the patient's mouth over the mandibular teeth, (covered with the retainers if using as a permanent device), with the lingual bar behind the mandibular anterior teeth/tissue

Hint: The position of the lingual bar is extremely important for the correct fit and comfort. Make sure it is close to the lingual of the lower teeth/gums and as far down as possible, at or below the gumline if possible.

4. With finger pressure, push down vertically onto the mandibular teeth and then press lingually against the lower lingual flanges.



Setting the Mandibular Position

5. Ask the patient to bring their jaw a little forward and bite down, so their mandibular teeth are positioned in the groove on the bottom of the Bite Stix. The Bite Stix must remain straight as in figure 4 below. The patient must be instructed to bite all the way down until their teeth firmly touch in the groove of the Bite Stix.



Seating the Appliance

6. Now ask the patient to close their lips and suck in with their lips and cheeks, push their tongue against the lingual flanges of the appliance to form the softened material and achieve a snug fit over the teeth on the inside and outside (buccal & lingual)
7. Use finger pressure bilaterally to push in the upper flanges.
8. After 60 seconds, remove the appliance from the patient's mouth and run it under cold water for 30 seconds.
9. Retry the Moses Express to confirm snug fit.
10. If the fit is not snug, repeat above steps.



Summary

- Immerse appliance in water (180-185°F) for 90 to 120 seconds
 - Dunk in room temperature water for no more than 2 seconds
 - Fit in patient's mouth and allow to set for 60 seconds
 - Run under cold tap water for 30 seconds for final setting
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