

FAQ 3D Sleep Clinician FAQ

Choosing the Right Appliance

✓ Which appliance design works best for my patient?

There's no one-size-fits-all. Clinical studies show that if a mandibular advancement device (MAD) holds the jaw forward, it can be equally effective. What matters is patient comfort, ease of titration, and durability.

✓ Which device design is most used by experienced dentists?

The dorsal-style appliance, such as the 3DS Advance, is widely preferred. It allows for greater freedom, patients can speak and swallow easily as the upper and lower arches are not connected, improving comfort and compliance.

✓ When should I consider a different appliance design?

For patients with very narrow arches or limited buccal space, the 3DS Eclipse may be more suitable. If a patient prefers an anterior hook design, the 3DS Connect offers a familiar alternative.

Appliance Fit & Patient Experience

✓ Can I still use a MAD if the patient has missing teeth?

Yes. A well-fitting appliance can be made with as few as 3–4 teeth. In many cases, patients may have a full upper denture with partial lower dentition. Complete edentulous cases are not suitable, but the device can be worn by patients with implants (e.g., All-on-4).

✓ What if the appliance feels too tight or loose?

You can make chairside adjustments. For tight fits, immerse the device in boiling water for 10–15 seconds, then place and remove it repeatedly. For loose fits, apply the same technique one side at a time, gently compressing the molar area before cooling.

✓ How long should a MAD last?

The average lifespan is 5 years, and many patients use their appliance well beyond this. The nylon construction reduces fracture risk and improves longevity. Our devices come with a 3 year warranty.

Materials & Technology

✓ Why does 3D Sleep use only nylon appliances?

We use 3D-printed nylon because it's significantly stronger than acrylic. Patients with OSA are more likely to brux, and nylon withstands this force while maintaining comfort and flexibility. It's less prone to fracture and can be made thinner for better patient tolerance.

✓ Is the material safe and biocompatible?

Yes. Nylon 12 is a biocompatible material suitable for dental applications. Allergies are rare and more likely related to cleaning agents than the material itself.

✓ Can the appliance be adjusted later?

Yes. Nylon is thermoplastic. Minor adaptations can be made using heat, or if a major change is needed, a new arch can be reprinted at reduced cost.

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Adjustments and Titration

✓ What if more mandibular advancement is needed?

Standard tabs range from size 0 to 5. Sizes 6 and 7 are available if more movement is needed. If full advancement has been reached, we can reset the appliance mechanism and bring the lower jaw forward ~5mm to allow continued titration.

Cleaning, Maintenance & Polishing

✓ What's the best way to clean the appliance?

Use a soft toothbrush with the foam cleaner included with the patient's 3D Sleep Appliance. Avoid toothpaste. Weekly, soak the appliance in denture cleaning tablets. Always store it dry in a ventilated case away from heat.

✓ What if staining occurs?

Staining is rare due to our vapour-sealed finish. If needed, soak longer in denture cleaner or use an ultrasonic cleaner. For stubborn stains, send it to our lab for deep cleaning.

✓ How do I polish the nylon material?

For best results, we recommend using our dedicated bur kit, which has been compiled for our product range:

- Zirconia burs (coarse to fine) for reduction
- Yellow Erkodent bur for smoothing

Polish with a slow-speed handpiece (5,000–10,000 RPM). Denture tungsten carbide burs may also be used. Avoid high-speed polishing to prevent overheating.

Clinical Workflow & Support

✓ How do I take an accurate bite registration?

Use a George Gauge with the correct fork (2mm for deep bites, 5mm for others). Record at 50% of maximum protrusion unless otherwise indicated. Scan through the gauge to preserve the midline.

✓ How do I use the 3D Sleep portal?

Log in anytime to:

- Submit new cases
- Upload scans and bite records
- Track case progress
- View shipping and invoice details

Tutorials available at: 3dsleep.co.nz/portal-guide

✓ Where can I find clinical training?

Visit the 3D Sleep Website and Institute for evidence-based education from world-leading experts: 3dsleep.co.nz

If you need further support, our clinical team is just an email away: support@3dsleep.co.nz