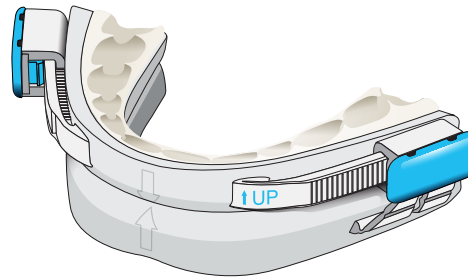


BluePro®



The first-line oral appliance
in snoring and OSA

BY BLUESOM

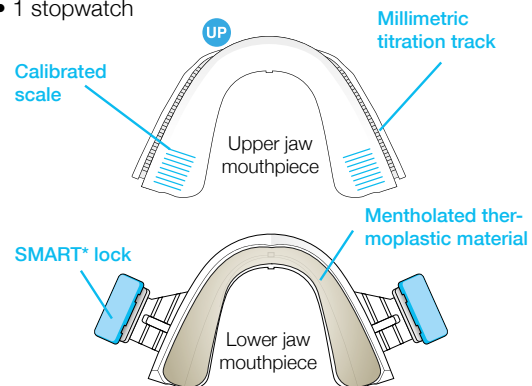


Instructions for custom fitting

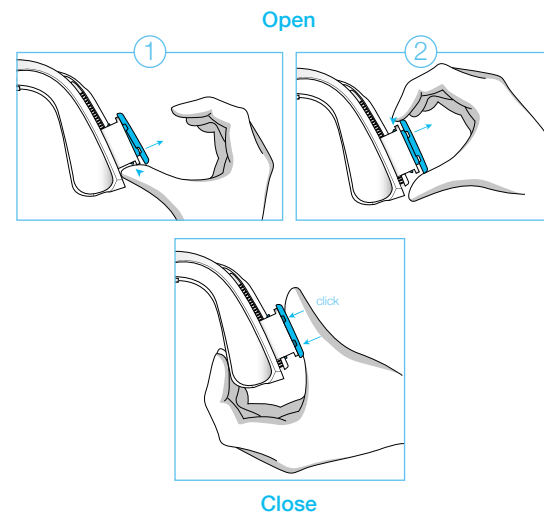
www.bluepro.pro

Equipment required

- Water at 100°C (kettle)
- 1 flat-bottomed receptacle for immersing the 2 mouthpieces
- 1 cutting forceps
- Non-vinyl gloves
- 1 stopwatch

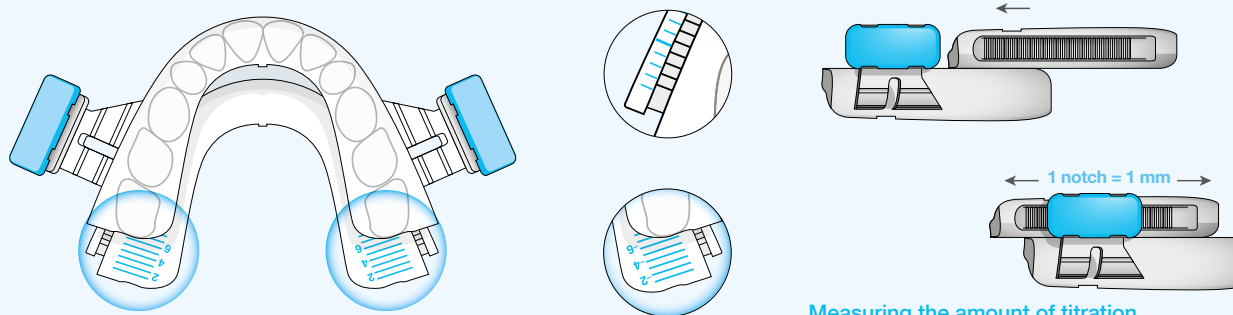


Using the SMART* lock



* Simple Millimetric Adjustable Readjustable Titration

Titration and adjustment of the mandibular protrusion



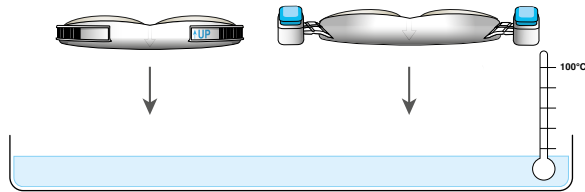
Measuring the amount of titration

BluePro is a (standardized pre-fabricated) trial mandibular advancement appliance (MAA) made out of a thermoplastic material that is adjustable and customizable. Its price and ease of fitting make BluePro the ideal oral appliance to test whether a MAA will be an effective solution for the management of snoring or obstructive sleep apnea.

BluePro is a medical device designed to test which is the best therapeutic option in cases of OSA and / or snoring. BlueSom recommends evaluating the test oral appliance results over a period of 1 to 3 months to determine a correct titration.

1 Immersing the 2 mouthpieces

- Boil the water (100°C) and pour into the receptacle
- Immerse both mouthpieces simultaneously but with clear separation (no contact)



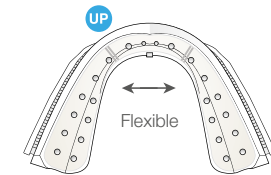
- Wait until the thermoplastic material becomes fully and evenly transparent. Approximately 1 min 30

2 Cooling the mouthpieces

When the mouthpieces have become transparent

- Start the stopwatch

00:00



- Remove the upper jaw mouthpiece marked UP, from the water and place it on a flat surface to cool down



01:00

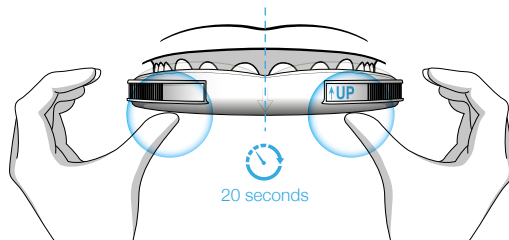
- Remove the lower jaw mouthpiece and allow to cool down



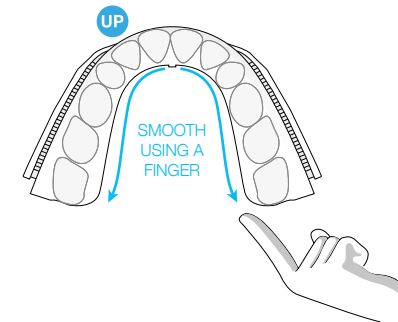
3 Direct upper jaw impression

01:30


- Position the upper jaw mouthpiece on the maxilla
- Adjust the flexible mouthpiece to the shape of the patient's dental arcade
- Be sure to place the indicator arrow over the interincisal point and press firmly on the mouthpiece for 20 seconds in order to obtain a full-thickness impression of the upper dentition in the material



Soothing the mouthpiece borders over the dental arcade



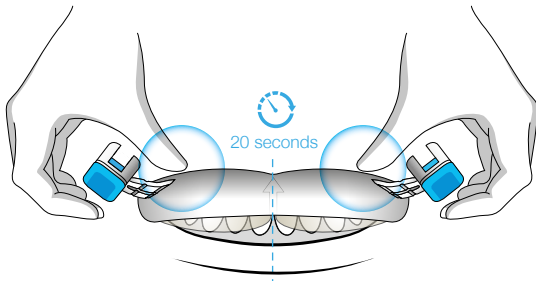
- Use the index finger to smooth off any excess of thermoplastic material from the lingual side of the impression by keeping it in contact with the mouthpiece

 Keep the upper jaw mouthpiece in place while completing step 4 (the lower jaw impression)

4 Direct lower jaw impression

02:30

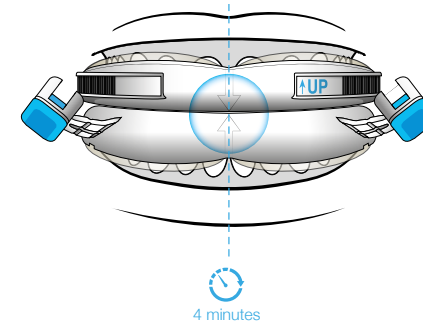
- Repeat the procedure with the lower jaw mouthpiece by slightly folding the SMART lock flaps: central position, firm pressure on the mouthpiece for 20 seconds, and smoothing. (see Smoothing diagram)



5 Cooling down

03:00

- Ask the patient to clench his or her teeth strongly for 4 min

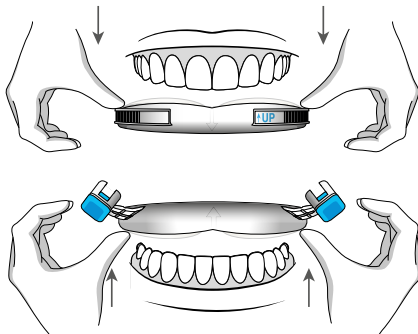


- Check that the indicator arrows on each mouthpiece are correctly aligned during occlusion

6 Remove the mouthpiece

07:00

- Remove the mouthpieces by unsealing each one separately from the sides, one after the other, and from the back to the front
- Rinse them in cold water



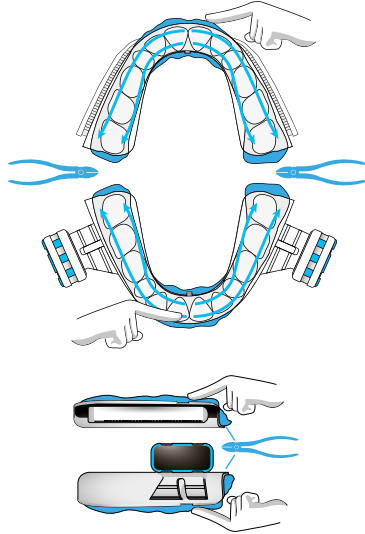
7 Finishing the mouthpieces

- If necessary, use the cutting forceps to trim away any excess thermoplastic material:
 - beyond the outer contour line on each mouthpiece
 - at the interdental spaces to reduce the degree of retention
 - at the 4 ends of the upper and lower mouthpieces to prevent interference with titration reading
 - overflowing on the titration tracks
- Heat the sides slightly with hot water to enhance finishing by smoothing with a finger
- Fit each mouthpiece separately and assess the degree of retention
- To unblock a dental space, use a heated instrument or the cutting forceps

*Note the mouthpiece serial numbers
in the patient's dental records*

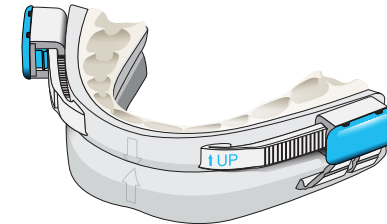
(see Finishing diagram below)

Finishing the thermoplastic material



8 Assembling and calibrating the oral appliance

- Assemble the two mouthpieces by inserting each SMART lock into its track
- Adjust the leading edge approx. 2 mm so the appliance is positioned for occlusion ([see Titration diagram](#))
- Close the SMART locks ([see Using the SMART lock diagram](#))
- Check the alignment of the midline arrows and ask the patient if the oral appliance feels comfortable in the mouth
- Adjust the degree of retention if necessary



([see Proposed titration protocol below](#))

Proposed titration protocol

		PAIN (TMJ, teeth)	PROTOCOL to follow
SNORING	UNCHANGED	ABSENT	Shift forward by one notch (max. 1 notch / week)
		MODERATE	Keep the leading edge where it is and reassess after 2 weeks
		MAJOR	Dental consultation
	REDUCED	ABSENT	Shift forward by one notch (max. 1 notch / week)
		MODERATE	Keep the leading edge where it is and reassess after 2 weeks
		MAJOR	Shift back by 1 notch and reassess, Dental consultation if no change
	ABSENT	ABSENT	Keep the leading edge where it is (confirm by recording episodes of apnea)
		MODERATE	Keep the leading edge where it is and reassess after 2 weeks
		MAJOR	Shift back by 1 notch and reassess, Dental consultation if no change

Maintenance

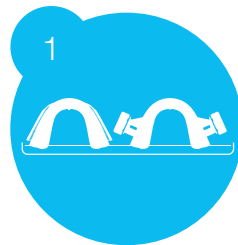
- Clean the appliance with cold water using a soft tooth brush and toothpaste
- Immerse in any type of descaling solution and clean as for dentures
- Air dry before placing in the case
- Store below 40°C



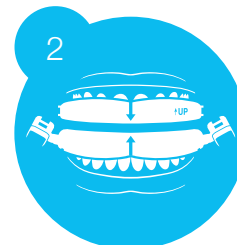


The same-day customizable and adjustable trial mandibular advancement appliance
made chair-side by health practitioners

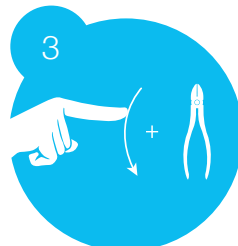
4 steps / 7 min



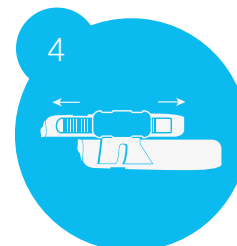
IMMERSING & COOLING



DIRECT IMPRESSIONS



FINISHING



ASSEMBLING & CALIBRATING

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