

Frequently Asked Questions

O'Brien MPA

Mandibular Positioning Appliance

Q: What type of bite registration is needed?

A: A protrusive bite made with wax, Jet Blue, or any standard bite material.

Q: How far is the mandible advanced with the MPA?

A: 2-3 mm.

Q: How far is the bite opened with the MPA?

A: 4-5 mm.

Q: What are the indications for prescribing an MPA?

A: The MPA is indicated for people who are light to moderate snorers.

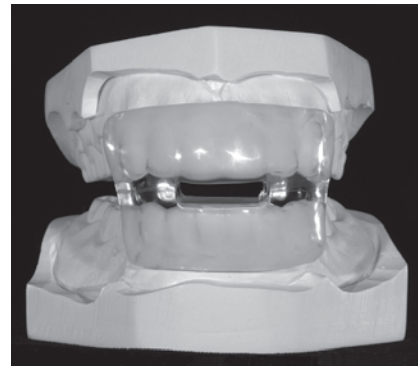
Q: What are the contra-indications for an MPA?

A: The MPA is contra-indicated for patients with sleep apnea. It is advisable to confer with a sleep specialist before prescribing a sleep appliance to anyone with a medical condition.

It is also difficult (and sometimes impossible) to make an MPA for people with hyper-extended incisal edges on the central maxillary incisors.

Q: Will TMJ problems result from having the mouth open?

A: There is always a chance that a patient may experience initial muscle/joint soreness or dry throat. These symptoms normally subside within a few days of regular use. In extreme cases, teeth may shift slightly.



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