

## Fitting Oral Appliance

To make an oral appliance we will make a mold of your teeth and tooth-supporting structures. The model of your teeth will allow us to create a **custom fit retainer** to treat your sleep apnea.

Typically minimal adjustment is needed when fitting your oral appliance since the device is custom fitted to your teeth. As you wear your device we will follow up with you to make sure you are getting comfortable sleep.

