

THE GOAL

To physically record the maximum vertical height at which the patient can comfortably close the lips and the maximum protrusive position that the patient can comfortably tolerate. This is critical to achieve the desired results.

THE IMPRESSIONS

Impressions are needed so the lab can make separate models for the upper vacuum-formed retainer and the appliance itself. Take full extension impressions into maxillary vestibule and mandibular sublingual area. Full mandibular lingual extension is necessary because we want to enable our device to discourage low tongue position, and stimulate a high tongue position in the roof of the mouth. Use of a polyvinyl rubber is strongly recommended for the impressions. **Send the impressions to the lab, not the models.**

THE BITE REGISTRATION

Lip balm should be applied prior to bite and impression. Wooden tongue depressors are recommended for anterior arch positioning in the bite registration. Cut and trim the wooden tongue blades with a scissors to fit the anterior arch form thru to the second bicuspid area. The trimmed tongue depressors are placed for try-in between upper and lower teeth in the area of the incisors to the bicuspid and must not interfere with lip closure. The correct number of tongue blades is the maximum number the patient can fit (3,4,5, on rare occasion 6), close on comfortably and seal the lips – in an UNSTRAINED lip closure. Check lip muscles and mentalis and query the patient. “Can you comfortably keep your lips together or is it a strain to keep your lips closed?” Discuss Dental’s Vanilla Mousse is a highly recommended bite registration material. With the first mixing tip on the bite registration extruder gun tack 2 tongue blades together with 2 dots of bite registration material between them. Then spread bite registration paste on the surface of one blade and insert behind the edge of the maxillary incisors. Immediately tack the remaining blades together with small dots of bite registration material, and spread bite registration material all over one surface and insert on mandibular incisors. Instruct the patient to bite into an edge-to-edge bite and mark the midlines with a wax pencil. Instruct the patient to slide the mandible forward to the maximum protrusive position that is not painful. Do not use the words “maximum comfortable protrusive” as this does not imply the same thing and they usually will not stretch as far. Mark a line on the tongue blades between the upper and lower segments in this position. With the patient looking in a mirror, instruct them to hold this exact position for one and a half minutes. Extrude bite registration paste, using a new mixing tip, between the posterior segments and overlap the front segment to hold everything together in a rigid one-piece bite. Remove from mouth and trim the set bite registration material with a sharp scalpel, removing what was soft tissue and excess. Leave only the impressions of hard tissues in the final bite to insure accurate mounting of the case.

