



## **OAT SIDE EFFECTS GUIDE**

This side effects guide is based on a consensus paper published by the AADSM in 2017, detailing the appropriate management of the side effects of oral appliance therapy (OAT). The charts in this guide should be used in conjunction with the clinical expertise of the practicing qualified dentist and patient-specific needs.

For more details on OAT side effects, please read the consensus paper, "Management of Side Effects of Oral Appliance Therapy for Sleep-Disordered Breathing." This paper is published in Volume 4, Issue 4 of the Journal of Dental Sleep Medicine and is available on the AADSM website.

**This booklet can be sanitized with wipes or spray.**

## OAT SIDE EFFECTS

Intraoral  
Tissue

Tissue and  
Tongue  
Irritation

### Primary Treatment Options:

- Palliative care
- Device modification

### Secondary Treatment Options:

- Temporarily discontinue use

### Tertiary Treatment Options:

- Use orthodontic wax
- Recommend different oral appliance design

## HOW TO USE THIS GUIDE

**Step 1:**  
Identify site of side effects.

**Step 2:**  
Identify classification of side effects.

**Step 3:**  
Treat using primary treatment options.

**Step 4:**  
If side effects persist, next treat using secondary treatment options.

**Step 5:**  
If side effects still persist, next treat using tertiary treatment options.

## GLOSSARY

### Conservative Titration

Using only the minimum amount of appliance advancement needed to effectively manage sleep-disordered breathing.

### Daytime Intraoral Orthotics

Devices that are meant to deprogram the masticatory muscles, re-seat the mandibular condyles, and/or reduce the magnitude and frequency of bruxism events. These devices are different from morning occlusal guides in that they are intended for more active therapy of preexisting or iatrogenically created conditions affecting the temporomandibular joint (TMJ) or the masticatory musculature.

### Habitual Occlusion

Bite position that feels most comfortable for the patient.

### Isometric and Passive Jaw-Stretching Exercises

Stretching of the mandible that targets the masticatory muscles.

### Morning Occlusal Guide

An appliance that is used to reposition the mandible back to its habitual pretreatment position in the morning.

### Palliative Care

Support intended to manage discomfort. Palliative care may include the following: reassurance, rest, ice, soft diet, topical or systemic pain relief products or anti-inflammatory medication, massage, or physiotherapy.

### Verification and Correction of Occlusion

Identifying the balanced occlusal forces on the oral appliance both bilaterally and anteriorly-posteriorly.

### Verification and Correction of the Midline Position

Determination and maintenance of the appropriate lateral position of the mandible in its forward position.

### Watchful Waiting

Carefully and diligently monitoring and assessing side effects over time, as well as documenting findings.

## COMMON TREATMENTS FOR OAT SIDE EFFECTS

### Palliative Care

Often used for TMJ pain, intraoral issues, and tooth mobility.

### Watchful Waiting

Often used for TMJ issues, occlusal changes, and anxiety.

### Morning Occlusal Guide

Often used for pain in the muscles of mastication and occlusal changes.

### Daytime Intraoral Orthotic

Often used for persistent TMJ pain and tooth mobility.

## COMMON TREATMENTS FOR OAT SIDE EFFECTS CONT.

### Midline Correction

Often used for persistent TMJ pain and pain in the muscles of mastication.

### Device Modification and Adjustment

Often used for persistent jaw pain, intraoral issues, incisor and bite change, and gagging.

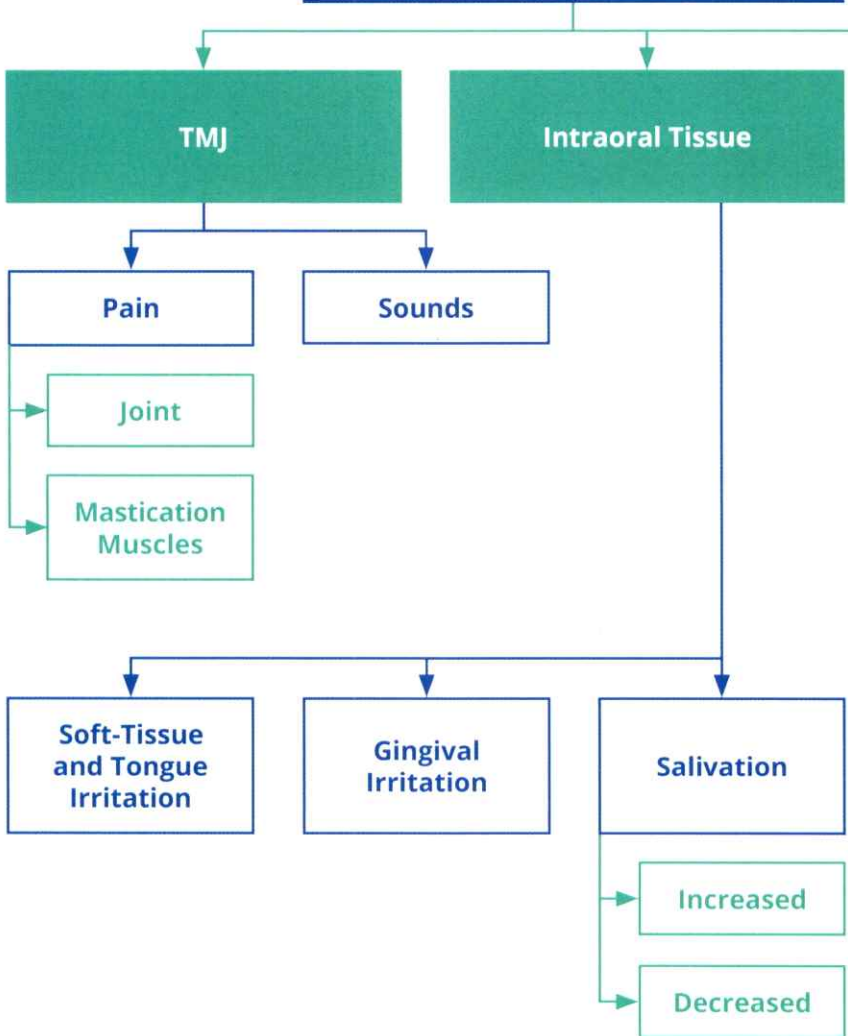
### Jaw- Stretching Exercises

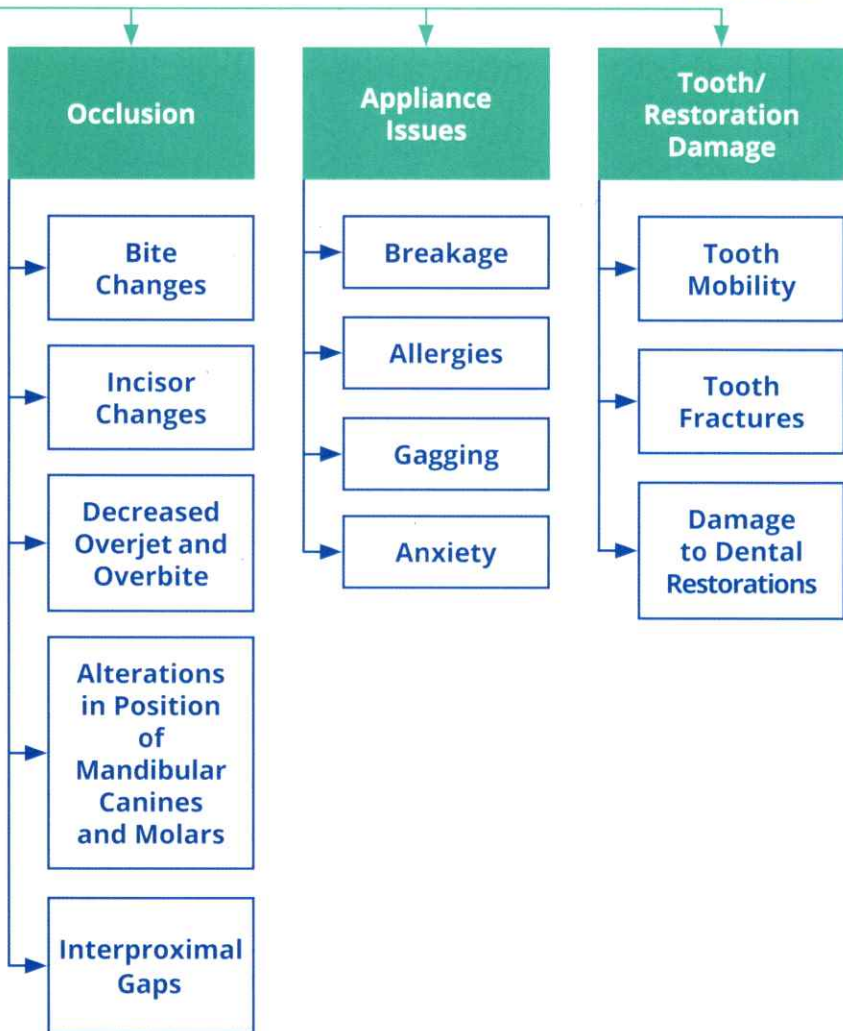
Often used for TMJ pain, bite changes, and decreased overjet and overbite.

### Conservative Titration

Often used for jaw pain and tooth mobility.

# OAT SIDE EFFECTS







## OAT SIDE EFFECTS

TMJ

Pain

Joint

Transient

Persistent

### Treatment Options:

- Watchful waiting
- Palliative care
- Isometric contraction and passive jaw-stretching exercises
- Decrease titration rate

### Primary Treatment Options:

- Palliative care
- Isometric contraction and passive jaw-stretching exercises
- Verify/correct midline position
- Appliance adjustment
- Decrease titration rate or reduce amount of advancement
- Conduct TMJ disorder work-up

### Secondary Treatment Options:

- Place posterior stops or anterior discluding elements on the appliance
- Decrease wear time
- Temporarily discontinue use

### Tertiary Treatment Options:

- Use daytime intraoral orthotic
- Prescribe steroid pack
- Recommend different oral appliance design
- Refer to dental specialist or other health care provider
- Permanently discontinue use



Sounds

Mastication Muscles

**Primary Treatment Options:**

- Palliative care
- Watchful waiting
- Verify/correct midline position
- Use of morning occlusal guide
- Isometric contraction and passive jaw-stretching exercises

**Secondary Treatment Options:**

- Decrease titration rate or reduce amount of advancement
- Decrease vertical dimension
- Modify the acrylic
- Temporarily discontinue use

**Tertiary Treatment Options:**

- Recommend different oral appliance design
- Refer to dental specialist or other health care provider
- Permanently discontinue use
- Rarely, increasing oral appliance advancement may be indicated

**Primary Treatment Options:**

- Watchful waiting

**Secondary Treatment Options:**

- Temporarily or permanently discontinue use

# OAT SIDE EFFECTS

## Intraoral Tissue

### Tissue and Tongue Irritation

#### Primary Treatment Options:

- Palliative care
- Device modification

#### Secondary Treatment Options:

- Temporarily discontinue use

#### Tertiary Treatment Options:

- Use orthodontic wax
- Recommend different oral appliance design

### Gingival Irritation

#### Primary Treatment Options:

- Palliative care
- Device modification

#### Secondary Treatment Options:

- Temporarily discontinue use

Salivation

Increased

**Primary Treatment Options:**

- Watchful waiting

**Secondary Treatment Options:**

- Device modification

**Tertiary Treatment Options:**

- Prescribe medications to decrease salivary output

Decreased

**Primary Treatment Options:**

- Palliative care
- Watchful waiting
- Clear the vertical dimension to encourage lip seal

**Secondary Treatment Options:**

- Device modification
- Techniques to reduce mouth breathing

**Tertiary Treatment Options:**

- Avoid rinses with alcohol or peroxide
- Mouth taping
- Refer to another health care provider

# OAT SIDE EFFECTS

## Occlusal Change

### Incisor Changes

#### Primary Treatment Options:

- Watchful waiting
- Use of morning occlusal guide
- Device modification

#### Secondary Treatment Options:

- Recommend different oral appliance design
- Permanently discontinue use

### Bite Changes

#### Primary Treatment Options:

- Watchful waiting
- Jaw-stretching exercises
- Use of morning occlusal guide

#### Secondary Treatment Options:

- Chewing hard gum in the morning
- Device modification

#### Tertiary Treatment Options:

- Permanently discontinue use

**Decreased  
Overjet and  
Overbite**

**Primary  
Treatment  
Options:**

- Watchful waiting
- Use of morning occlusal guide
- Isometric contraction and passive jaw-stretching

**Secondary  
Treatment  
Options:**

- Chewing hard gum in the morning

**Altered  
Positions of  
Mandibular  
Canines and  
Molars**

**Primary  
Treatment  
Options:**

- Watchful waiting
- Use of morning occlusal guide

**Interproximal  
Gaps**

**Primary  
Treatment  
Options:**

- Watchful waiting
- Use of morning occlusal guide
- Adjust ball clasps
- Device modification

**Secondary  
Treatment  
Options:**

- Use of a wrap-around retainer
- Restore contact areas

# OAT SIDE EFFECTS

## Appliance Issues

### Breakage

**Primary Treatment Options:**

- Repair or replace appliance

**Secondary Treatment Options:**

- Recommend different oral appliance design

### Allergies

**Primary Treatment Options:**

- Remove allergenic material
- Temporarily discontinue use

**Secondary Treatment Options:**

- Refer to another health care provider



### Gagging

**Primary Treatment Options:**

- Device modification

**Secondary Treatment Options:**

- Deprogram the gag reflex

**Tertiary Treatment Options:**

- Recommend different oral appliance design

### Anxiety

**Primary Treatment Options:**

- Watchful waiting
- Use of desensitization techniques

**Secondary Treatment Options:**

- Recommend different oral appliance design
- Refer to another health care provider

# OAT SIDE EFFECTS

## Damage to Teeth or Restorations

### Tooth Mobility

#### Primary Treatment Options:

- Palliative care
- Device modification

#### Secondary Treatment Options:

- Decrease titration rate

#### Tertiary Treatment Options:

- Use of daytime/fixed splinting of teeth

### Tooth Damage and Damage to Restorations

#### Primary Treatment Options:

- Device modification
- Refer to a general/restorative dentist

#### Secondary Treatment Options:

- Recommend different oral appliance design



