

## ORAL APPLIANCE THERAPY NARRATIVE DESCRIPTION

The following is a narrative of the treatment sequence and fee of the proposed oral appliance therapy, for obstructive sleep apnea/snoring as prescribed by a sleep specialist/ physician.

The process begins with an examination. If a person meets criteria to be considered a candidate for oral appliance therapy, treatment proceeds with trial procedures that are designed to evaluate what type oral appliance is most effective, prior to constructing a definitive appliance. Trial procedures are also intended to help determine if a person can utilize oral appliance therapy, so that time and money are not committed to an entire process if it is not appropriate for a particular individual. Trial appliances vary in design; all with the same purpose to open-up airway passages (constricted posterior oral-pharyngeal space). The different designs either reposition the tongue (TTRD) and/or mandible (TMRD), and/or soft palate. With the information from the trial procedures, design, construction and fit of a custom designed oral appliance continue.

**Code numbers and fee breakdown listings are for 3<sup>rd</sup> party reimbursement information.**

I. Initial visit: Examination and Trial Procedures:

A. Examination, diagnosis, consultation

99245 Examination and consultation . . . . .

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**A panoramic x-ray is required; you may bring this from your dentist  
(if you do we will make a copy and return the original).**

70355 Panoramic x-ray & duplicate .....

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B. You will be trained in use of a **Trial Tongue Retaining Device (TTRD)**, and will test it at home for approximately two to three (2-3) weeks.

97760 Fitting, Training, Orientation, & Rental of TTRD. .

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C. Impressions are made to construct a **Trial Mandibular Repositioning Device (TMRD)**. The custom made appliance is fitted in about 2 weeks.

21089 TMRD . . . . .

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II. Second visit

- A. Insertion/adjustment of TMRD, you will be trained in use of a TMRD, and will test it at home. This appliance, although a trial procedure, is yours to keep because it will not fit another person. Evaluation of progress/success should be at approximately one-week intervals.
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III. Third Visit: Treatment Oral Appliance including maximization of fit and function. The fee for this is based upon the specific appliance selected.

Selection and initiation of process of construction, of the final appliance designed according to the results of the trial procedure evaluation.

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IV. Fourth Visit

- A. Fitting, orientation and training in the use of the definitive appliance
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V. Additional follow-up adjustment visit. During three month adaptation period is included in fee.