

Impaired Mouth Treatment

Options	Pros	Cons
Do Nothing	Inexpensive (in the short term)	Continue to live with conditions that will get worse over time
CPAP BiPAP	Forces air into lungs and can be used in short term to pay off "oxygen debt"	<ol style="list-style-type: none"> 1. Difficult to get used to 2. Disrupts bed partner sleep 3. Makes problem worse over time
Mandibular Advancement Device (MAD)	<ol style="list-style-type: none"> 1. Can be effective in increasing airflow and reducing snoring 2. Good as initial therapy, especially if CPAP can not be tolerated 	<ol style="list-style-type: none"> 1. Does NOT fix the problem 2. May cause TMJ problems 3. Need a device to get teeth to realign EVERY morning
Orthognathic Jaw Surgery	Able to achieve some expansion of airway volume and repositioning of both the upper & lower jaws	<ol style="list-style-type: none"> 1. VERY expensive surgery 2. Long post-op recovery period 3. Potential of post-op complications
Full Mouth Reconstruction	Changing the bite makes more room for tongue, opening the airway and allowing for better breathing	<ol style="list-style-type: none"> 1. Does not address upper airway 2. Costly and lengthy process 3. Requires "grinding down" teeth
SureSmile® or Invisalign®	Clear aligners straighten teeth and can achieve expansion to give the tongue more room	<ol style="list-style-type: none"> 1. Only effective in mild cases 2. Not an orthopedic appliance
VIVOS® or Start Thriving Appliance®	<ol style="list-style-type: none"> 1. Fixes the root cause 2. Expands the airway (even in adults) 3. Addresses oral contributions to physical ailments 	<ol style="list-style-type: none"> 1. Have to wear an appliance 16 hours a day and in some cases a face-mask while sleeping 2. Increased salivation with appliance 3. Makes speaking difficult
HomeoBlock™ FacialBlocks™	<p style="text-align: center;">Same benefits as VIVOS® Start Thriving Appliance® BUT:</p> <ol style="list-style-type: none"> 1. Only worn 8 hours at night 2. Can talk with appliance in place 3. No face-mask necessary 	<ol style="list-style-type: none"> 1. Have to be able to tolerate wearing a retainer style appliance at night (which most people can)
POD™ Preventive Oral Device	<ol style="list-style-type: none"> 1. Superior alternative to night guard 2. Improves clenching & grinding 3. Some benefits of Uniblock appliances 4. Inexpensive 5. Use in tandem with other therapies 	None