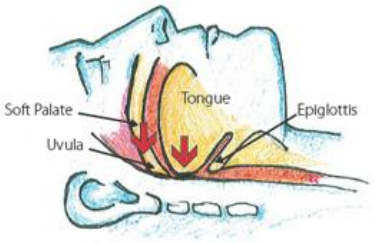
MAS PATIENT INFORMATION

A Mandibular Advancement Splint (MAS) is an oral appliance that looks similar to a sports mouth guard. It is prepared by a specialist dentist and is custom made to fit your mouth. It is different to an ordinary grinding/bruxism guard as it always has a top and bottom piece. It is designed to hold the jaw slightly forward and/or prevent it from collapsing backwards, which in turn opens up the back of the throat and improves breathing and snoring. Boil and bite pharmacy/mail-order can be useful as a guide for benefit, but often uncomfortable.

A MAS usually has an adjustable component which allows the dentist to gradually bring your lower jaw forward, opening up your airway. There are various designs available, although they all do the same thing.








When is MAS therapy appropriate?

MAS therapy is appropriate for mild to moderate cases of obstructive sleep apnoea, once reversible factors have been considered (weight, alcohol consumption, nasal congestion, body positioning, tonsillar enlargement, etc). MAS treatment is also appropriate for simple snoring and predominately positional sleep apnoea with snoring. It can be used in patients who do not benefit from other basic treatments and do not wish to pursue CPAP, or are unable to do so, or have failed CPAP treatment for various reasons. It can help in severe sleep apnoea, but may not normalise breathing. The type of device and the settings are determined by your anatomy and sleep test results.

How to organise a MAS

With a referral from your sleep physician, a consultation with a MAS dentist can be arranged. The dentist will examine you and consider your sleep study results in determining the appropriateness of MAS treatment for you. They usually ask for, or may perform, some imaging, and sometimes a low-dose CT scan is ordered to determine the structure and shape of the jaw and back of the throat. Impressions are taken (often via comfortable ultrasound scanning) and the appliance is generally ready to be fitted 2 weeks later. For comfort, adjustments may be needed.

MAS expert dentists in our area with whom we have a long association and can recommend:

Dr Rebecca Oliver
Brighton East
ph: 9557 6770
snoreology.com.au

Dr Andrew Gikas
Carlton
dental.mthc.com.au/contact/
dental.mthc.com.au

Dr Ian Maratos
Hampton
Ph: 9570 3128
snorefixdoctor.com

SleepWise
Melbourne CBD
ph: 1300 101 505
sleepwise.com.au

Dr Leo Goh
Armadale
ph: 9533 7133
melbournesnoreclinic.com.au

Dr Nomita Gonsalvez
Bentleigh East
ph: 9395 8338
thedentalgallery.com.au

A/Prof Michael Stubbs
Southbank
ph: 9663 2272
melbourneoralmed.com

SomnoMed
contactaus@somnomed.com
Link to Dentist finder:
https://somnomed.com/au/patients/find-a-dental-sleep-medicine-expert/

Albury Wodonga: Drs Dinu Daniels-Mate Street Dental, Dipen Shah-Daintree Dental, Alistair McIntosh / Shaun Day CGD - L4

Aust. Sleep Assoc. Dental Sleep Fellows (Aus-wide) https://sleep.org.au/Web/Web/09-FDSM/01-FDSM-directory.aspx

Appropriate follow-up

To check efficacy of treatment, repeat sleep testing using the MAS is often undertaken. Testing determines proper beneficial advancement and maximal comfortable advancement. If sleep apnoea persists, greater advancement should be attempted and/or further attempts at overcoming reversible factors. Ongoing annual reviews with the treating dentist are recommended to check the health of teeth, gums, bite and jaw joint (TMJ). Let us know when it is time to be retested as we have the full range of test options (inlab, a home test, and basic screening test).

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