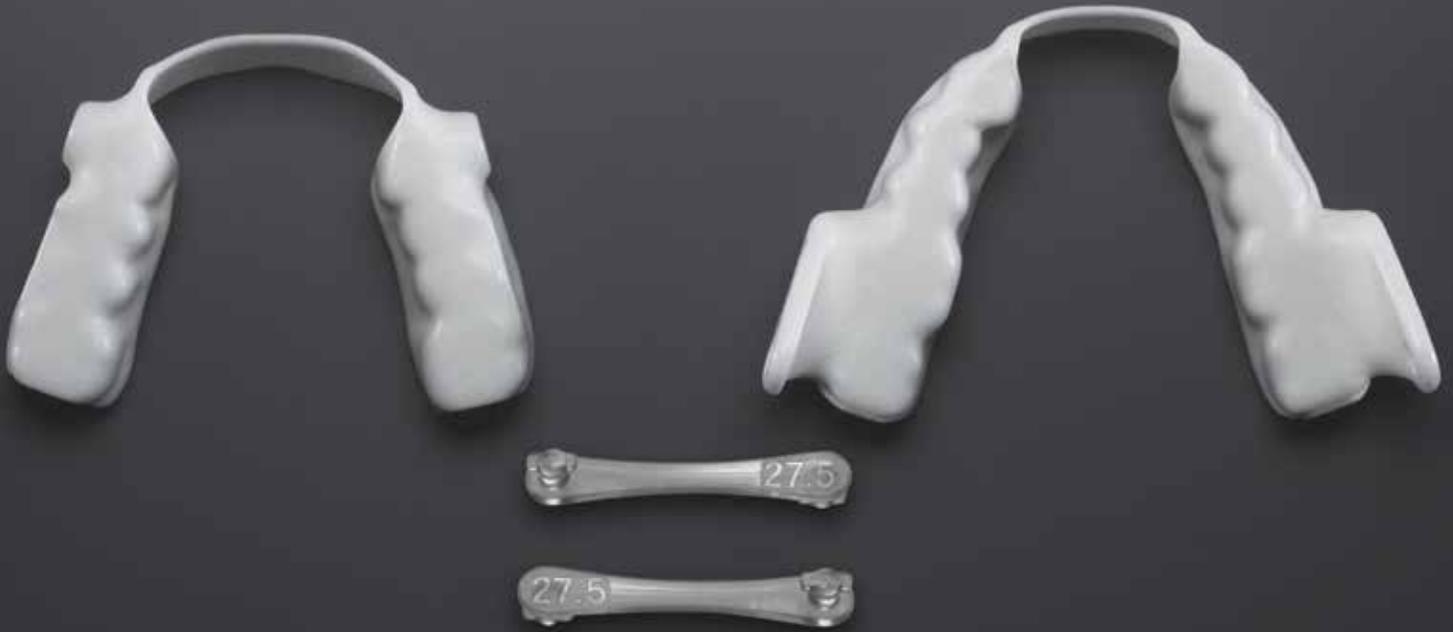


Patient Titration Guide



Your dentist has given you the tools to titrate your Narval™ CC. Titration is the process of adjusting the appliance to ensure that it is as comfortable as possible while working effectively to treat your sleep apnea symptoms.

Before taking your Narval CC home, we strongly recommend that you practice changing the connecting rods while in your dentist's office. If you have difficulty doing so, your dentist can assist you.

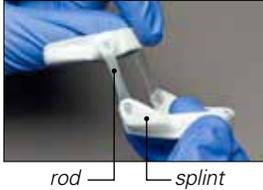
Additionally, if you have a condition that can make it difficult to hold the small connecting rods (eg, arthritis, carpal tunnel syndrome), you may want to have your dentist change the rods for you to ensure proper adjustment.

Narval™ CC

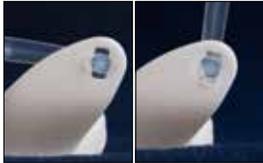
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How to change your connecting rods



- 1 Hold the appliance so that the rods are perpendicular to the splints. The mechanism that facilitates titration is the bowtie-shaped end of the rod, which aligns with the bowtie-shaped cutout of the splints. This is more visible on the splint that goes on your bottom teeth.



bowtie-shaped cutout

- 2 Since the bowtie-shaped cutout is more visible on the bottom splint, disconnect this side first. With the base of your thumb at the tip of the rod, push inward and pull the rod firmly to disconnect the rod from the splint. If you are having any difficulty, be sure to check that the two bowtie pieces are fully aligned. Disconnect both rods completely from the splints.



connecting rods

- 3 Select the appropriate connector using the measuring guide on the other side of this card. Adjust in .5 mm increments only (for example, from 27.5 to 27), as adjusting in larger increments may cause undue discomfort.
 - To **increase** protrusion, use a **SHORTER** connector
 - To **decrease** protrusion, use a **LONGER** connector



reassembly of rod to splint

- 4 To re-engage the connectors, hold the rod perpendicular to the splint and line up the bowtie end of the rod with the bowtie-shaped cutout on the splint and simply click it into place. Repeat this step until all rods are connected.

space reserved for clinician contact info

To learn more about your Narval CC, visit ResMed.com/Narval

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