



## **Airway Consultation**

Incorrect myofunctional (muscle function) habits can lead to long term health issues which can cause improper jaw development, narrow airways, and sleep disorders

Our office will conduct a comprehensive airway screening that may include:

- Extra oral and intra oral examination
- Patient history evaluation
- Tongue and lip tie screening
- Sleep questionnaire
- Taking precise measurements
- Intra oral digital scans
- Clinical photographs
- Necessary radiographs

After evaluation of records we will establish primary and secondary goals. Then develop a therapeutic plan to accomplish them. If the child is unable to tolerate an appliance, we will start with desensitization process to help child tolerate an appliance for the future. Depending on the goals we may consider an oral appliance

## **Our Appliances:**

### **Myobrace**

Myobrace is a Myofunctional appliance that looks like a mouth guard. It helps to correct Myofunctional issues (improper muscle function) and assists in growth and development of the jaws. In many cases it can help to cut down the length of future orthodontic treatment.

It is worn one- hour during the day and overnight. There are 3 stages and each accomplishing a unique goal. The patient will have to get evaluated quarterly to avoid any unforeseen complication in tooth movement.

It is designed to correct myofunctional habits which have the potential to cause improper development of the jaw. Additionally it helps children learn to breathe through their nose, rest the tongue to the roof of the mouth, swallow correctly and thus help in growth guidance.

Incorrect myofunctional habits can lead to long term health issues which can cause improper jaw development, narrow airways, and sleep disorders

Myobrace focuses on addressing the root cause of these issues by retraining the muscles of the face and jaw and encouraging nasal breathing.



For more information on Myobrace please visit the website

**Myobrace website**

<https://myobrace.com/en-us>

**Myobrace video**

<https://myobrace.com/en-us/what-is-myobrace#how-it-works>

Our results at Bergen Pediatric Dentistry using Myobrace:

Case 1:

- bite corrected



Case 2

- Expansion of the palate.
- Teeth alignment



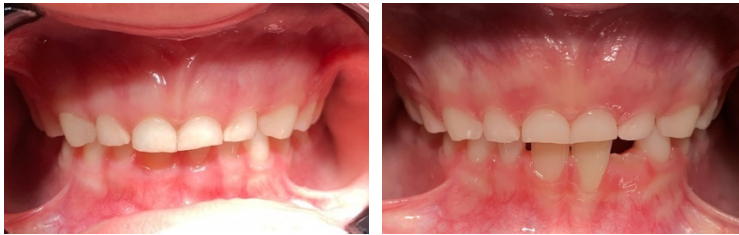
Case 3

- Teeth alignment.
- Space between the front teeth corrected.
- Palate expansion



Case 4

- bite corrected



Case 5

- Teeth alignment



Case 6

- Bite corrected
- Teeth alignment



## **Myomunchee**

Myomunchee is desensitization chewing appliance that is worn 10 minutes daily. This appliance helps stimulate proper muscle activity to promote better jaw alignment, strengthen facial muscles and encourage lip closure and nasal breathing. Our office provides a myomunchee program which includes guidance and follow up appointments with our doctors



## **POD Appliance**

The POD Appliance is a custom fit appliance designed to aid in treating clenching, grinding (Bruxism), and TMJ. The device serves to protect the teeth from the destructive forces of and may help alleviate headaches, TMJ and muscle pain.

By having the dental arches out of contact, there is a reduction of muscular activity. This allows for reduced muscle tension. The POD uses a bite block technology allows for more room for the tongue, which is free to come forward for better breathing during sleep as opposed to the flat plane occlusal night guard which inhibits the tongue from coming forward.



## **Clear Aligners**

Clear aligners are transparent, custom made, removable orthodontic devices used to straighten teeth. They are an alternative to traditional metal braces and are designed to gradually shift teeth into proper alignment over time.

Each aligner is worn for about 1-2 weeks and is then switched to a slightly different aligner from previous. Over time, this gently shifts the teeth toward the desired position.





## **Palatal Expander**

A palate expander is a dental device that widens the upper jaw and palate to treat a variety of dental conditions.

Palate expanders can help open up the airways, which can promote better breathing and sleep

