

# THE 3 T's OF



myTAP®

Dentists are resourceful and creative. They are driven to continuously improve tools and techniques to provide the best care for their patients. Take the myTAP for example. Following introduction in 2013, Clinicians around the world have found numerous ways to utilize the device for their practices. For instance, did you know that you can simultaneously treat patients orthodontically with clear aligners and sleep disordered breathing (SDB)? Here are the most popular uses, so far, for the myTAP.

## Temporary

There are several reasons a patient may need to use a temporary oral appliance. The most common is while waiting for the permanent device to be manufactured. Many dentists use the myTAP to avoid any risk for non-treatment, while the custom appliance is being built.

Dog ate the appliance? Need an emergency back-up? How

about a CPAP alternative for travel or camping? Most Dentists don't want to leave their patients without this life saving treatment.

## Titration

One of the difficult aspects of treating SDB with oral appliances is determining the most effective protrusion position. The most reliable method comes from the Sleep Labs – Titrate and measure while the patient is sleeping.

Underneath the myTAP is a scale with 1mm increments. Read the scale at the end of the adjustment nut.

Some Clinicians combine with Home Sleep Testing devices (HST) for a measured titration done at home. Others rely on empirical data from the sleeping partner. Did the symptoms decrease?

## Trial

Probably the biggest obstacle

to patients accepting oral appliance therapy is confidence that it will work. With a price tag that can be over \$3,000, it's a big leap of faith. Even with insurance reimbursement, between co-pays and deductibles the out of pocket can be quite high. For the Clinician: the literature is quite clear the OAT is very effective, but what about for your patient?

The lowest cost and most effective method to gain confidence for both the patient and the doctor is with a trial appliance. Even better, a trial appliance that very much replicates the permanent appliance. Like the myTAP as a predictor for the dreamTAP.

## Summary

The myTAP is by far and away the simplest, lowest cost, smallest, chairside delivery appliance on the market. Backed by 20 years of peer reviewed TAP studies. It's works. The biggest question is how will you use the myTAP in your practice?



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