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Dental solutions for better sleep & better health.

ema[®] Custom

Elastic Mandibular Advancement

Dr. Donald Frantz, inventor of the **ema**, offers the following tips for making a successful **ema** custom oral appliance

Trimming the **ema** thermoformed custom trays

- Maxillary tray: trim the buccal and labial side at or 1 mm above the height of contour. It is not necessary to include 3rd molar coverage. Trim the lingual side at the tooth/gingival juncture (that is, scalloped, like a bleaching tray).
- Mandibular tray: trim the buccal and labial at or 1 mm above the height of contour. It is not necessary to include 3rd molar coverage. Feather the edge of the lingual portion of the mandibular appliance so it will not trap the tongue under the blunt edge of the appliance.

Placement of the **ema** bite pads

- Place the mandibular bite pads toward the cheek side of the 1st molar (posterior on or near the mesial cusp of 2nd molar, & the anterior mid way between the distal and the cusp of the 2nd bicuspid).

Placement of the **ema** bite pads (continued)

- If the 1st bicuspid has been extracted, place bite pads on the 1st & 2nd molars.
- There should be a place for the tongue to rest on the lingual occlusal portion of the 1st molar. (2.5 mm to 3.0 mm)
- If there is no doctor's prescription, the recommended increase of the vertical in the incisal region should be from 8 to 10 mm after the bite pads have been placed on the appliance. To accomplish this, place the appropriate amount of clear orthodontic acrylic resin under the bite pads. You should not attempt to increase the vertical by moving the bite pads to the anterior.

Placement of the **ema** buttons

- Place the maxillary buttons mid-way between the cuspid and 1st bicuspid near the incisal edge. Do not follow the slope of the appliance base but attach so that the shaft of the button is perpendicular to the occlusal plane with the point of the button pointing away from the direction of pull when a strap is placed on the button.
- Place the mandibular buttons on the side of and near the top of the bite pad with the center of the button hook 25 mm or 27 mm from the center of the maxillary button hook. (depending on the mandibular advancement capability of the patient: 25 mm apart with 3 mm to 8 mm advancement capability; 27 mm apart with 9 mm and greater advancement capability.)
- If both button hooks are placed correctly, the strap will not be twisted when it is placed on the appliance.