

# Informed Consent for the Dental Treatment of Snoring and Mild to Moderate Sleep Apnoea

## *Explanation:*

Obstructive Sleep Apnoea and Snoring are both breathing disorders occurring during sleep due to narrowing or total closure of the airway.

Snoring may often be no more problematic than the noise itself. However consistent loud heavy snoring has been linked to Medical Disorders such as hypertension (high blood pressure), headaches and daytime sleepiness.

Obstructive Sleep Apnoea is a serious condition where the airway totally closes many times during the night and can significantly reduce blood oxygen levels in the body and disrupt sleep patterns. In varying degrees, this can result in excessive daytime sleepiness, irregular heartbeat, hypertension and occasionally heart attack and stroke

ZetaMed Dental Device is non-invasive and has been clinically and scientifically proven to reduce Snoring and mild to moderate Sleep Apnoea in a high proportion of patients, however there are no guarantees that this therapy will be 100% successful for every individual.

Other accepted treatments for snoring and Sleep Apnoea, include behavioural modifications, CPAP and various invasive surgical procedures.

It is your decision to have chosen ZetaMed to treat your Snoring or Mild to Moderate Sleep Apnoea and you are aware that it may not be completely effective for you. It is your responsibility to follow the instructions verbal or written and report the occurrence of any side effects and to address any questions to this surgery/practice.

## *Possible Complications:*

It is not uncommon for patients during the first few weeks to experience transient side effects such as excessive salivation, sore jaw joints, sore teeth and a slight change in the “bite” when the appliance is first taken out in the morning (these are explained in the product leaflet) if any side effects concern you or are too painful it is your responsibility to cease using the appliance and contact the surgery/practice. It has been reported that over time on rare occasions, a permanent “bite” change may occur. It is your responsibility to visit this surgery/practice on a 6 monthly basis to check your progress with the treatment of your condition and examination of your dental health.

## *Treatment:*

ZetaMed (MAD) is strictly a mechanical device to maintain an open airway during sleep. It does not a cure snoring or Sleep Apnoea. Therefore, the appliance must be worn each night to be effective. Overtime with relaxation of jaw muscles you may start snoring again this is a sign that the appliance need further advancement in consultation with your Dentist or Clinician.

## *Patient consent:*

I have read and understand the conditions and information in the consent form. I have had the opportunity to discuss the foregoing conditions and the information concerning the use of ZetaMed and the expectations of the outcome of treatment for my condition with my Dentist.

I have been through the screening process for Snoring and Sleep Apnoea and understand that during treatment it is my responsibility to follow instructions, visit the Dentist on a regular basis and immediately contact the surgery/practice if I have any concerns or experience unusual side effects. I accept financial responsibility for this therapy.

With all of the foregoing in mind. I authorise treatment and confirm that I have received a copy of this consent form.

Dentist Name:.....

Dentist Signature:.....

Date:.....

Patients Name:.....

Date:.....

Patients Signature:.....

Witness Sign:.....

Date:.....

Witness Name:.....