



Patient FAQs

Here are answers to common questions about the Oventus O₂Vent™.

What is the difference between the Oventus O₂Vent™ and other oral devices?

Like all oral appliances that bring the jaw forward, the O₂Vent™ stabilises the jaw position and brings the tongue forward to reduce airway collapse. In addition, the unique airway allows for breathing through the device to bypass obstruction in the nose and soft palate which can contribute to snoring and sleep-disordered breathing.

Benefits:

1. Airway

The O₂Vent™ has an enclosed airway about the size of a healthy human nose incorporated into it. Air enters the airway between the lips and is delivered through the enclosed airway to the back of the mouth so patients can breathe through the device if they have a blocked nose, soft palate collapse or are mouth breathers, while maintaining an oral seal.

2. Small and streamlined

The O₂Vent™ is 3D printed in medical grade titanium which facilitates its lightweight, thin wall and complex hollow structure incorporating its unique airway design. This allows us to build an airway into a more streamlined device that is less than 5mm thick as it passes between the teeth – it's about the size of a standard mouthguard.

3. Lightweight

The uniquely-designed mouthguard weighs approximately 35 grams dependent on the customised design.

4. Comfort

The O₂Vent™ is lined with a medical grade, polymer liner to maximise patient comfort. The design of this customised device comfortably fits around your teeth, and provides ample space to accommodate the tongue.

What proof do you have that the Oventus device works?

Oral or mandibular advancement devices - like the O₂Vent™ are emerging as an accepted alternative treatment for sleep-disordered breathing conditions with recent studies showing similar long-term health outcomes¹. An Oventus clinical trial showed that 100 per cent of patients experienced a significant reduction in snoring and an improvement in AHI with 82 per cent of patients eliminating snoring completely and 76 per cent of patients reducing their AHI by more than half². Oventus are pleased to announce the first peer reviewed clinical data was published in the Journal of Dental Sleep Medicine, Vol 4 No.3 July 2017.

The early design of the O₂Vent™ has been used for some time in private clinical practice. Developed in 2013, Oventus conducted a pilot study on the design with positive results. The device design has been further refined to be more comfortable and 3D printing technology has enabled a more compact device.



What is involved in getting an O₂Vent™?

Visit us at www.ventus.com.au to locate an Oventus accredited clinician (dentist) in your area. To obtain an O₂Vent™, the process is relatively simple but takes around four weeks to manufacture and deliver your custom-made mouthguard. If your clinician recommends an O₂Vent™, impressions of your teeth and a bite registration will be taken and your device can be manufactured from these records.

What is the cost?

The O₂Vent™ is a custom made medical device, designed specifically for each patient. It is now generally accepted that custom fabricated oral appliances are better tolerated, remain in place during sleep and are more efficacious compared to cheaper off the shelf oral appliances.

The O₂Vent™ device is fitted and delivered under the supervision of a dentist, and is available from an Oventus Accredited Clinician. Total treatment costs should be discussed with your Oventus Accredited clinician.

What rebates can the patient claim back on Medicare or private insurance?

Rebates for the O₂Vent™ are available through private health insurers, not Medicare. If you are required to have X-rays as part of your treatment plan, these may be rebatable through Medicare or your private health insurance. You must contact your health insurer to find out the rebate which may vary between funds and policy.

What are the risks?

There are some possible risks with using any oral device for sleep therapy and that includes the O₂Vent™. It is best to speak with your Oventus Accredited Clinician about the risks that are relevant to you. The O₂Vent™ is completely removable so if you have any concerns, you can simply remove it and contact your Oventus Accredited Clinician.

How do I know if I am a candidate?

Whether you snore, or have more severe sleep-disordered breathing, you are likely to benefit from the O₂Vent™. The O₂Vent™ is particularly helpful for people with nasal obstruction. You can [register online for free at www.ventus.com.au](http://www.ventus.com.au) and an Oventus consultant will call you to discuss your sleep history to find out if you are a candidate. This will be confirmed by your Oventus Accredited Clinician. Or you can locate an Oventus Accredited Clinician/Dentist on our website and contact them to discuss.

Do I need to do a sleep study?

Sleep physicians often recommend a sleep study before an oral appliance is prescribed (to determine the diagnosis), and after the oral appliance is used to determine if it is effective. A diagnostic sleep study resulting in a diagnosis of a sleep-disordered breathing condition is necessary to be eligible for any private health insurance rebates. Please talk to your Oventus Accredited Clinician or GP to arrange this.



What outcome can I expect?

With any oral appliance on the market, studies show that more than 75 per cent of people with severe sleep-disordered breathing improve their sleep significantly¹. About 54 per cent improve to measure an AHI level of less than 10. Of those who do not improve to less than 10, 21 per cent of these will improve their AHI level by at least half¹.

More than 1000 people are now using O₂Vent™ devices. An Oventus clinical trial reported an average usage of the device six nights per week and an average of seven hours per night, resulting in a compliance of 82.8%². This study also showed that 100 per cent of patients experienced a significant reduction in snoring and an improvement in AHI with 82 per cent of patients eliminating snoring completely and 76 per cent of patients reducing their AHI by more than half².

How do I know it will work for me?

Many people already using the O₂Vent™ are reporting exceptional results. Before recommending an O₂Vent™ to anyone, an Oventus Accredited Clinician will thoroughly assess every patient's situation to ensure suitability.

Is it suitable if the patient has dentures?

Yes, depending on the patient. Wearers of partial dentures may be able to order an O₂Vent™ device. They would need to have an individual assessment by their Oventus clinician to determine suitability. Unfortunately, patients with full upper and lower dentures are not suited to use the O₂Vent™ device.

Is it suitable for a mouth breather or patients with nasal congestion?

Yes. The O₂Vent™ does not prevent you from breathing through the nose, but provides an additional airway within the device to create a low resistance airway to breathe through the device as well. Although counterintuitive, the O₂Vent™ actually prevents oral breathing. Oventus clinical trial data showed that compliance with treatment did not appear to be reduced by the presence of nasal congestion².

Does it maintain an oral seal like other oral devices?

Yes. The O₂Vent™ allows the patient to maintain an oral seal. However, unlike other oral appliances it provides an auxiliary airway to breathe through. The auxiliary airway is the same size as a healthy human nose, as such providing an additional airway to breathe through while keeping your mouth closed. This is beneficial to patients with nasal obstruction, soft palate collapse and those who may feel claustrophobic.

How does the Oventus O₂Vent™ Device prevent dry mouth syndrome?

The airway in the O₂Vent™ is fully enclosed from the intake at the front of the mouth to the pharynx at the back of the mouth so the air doesn't come into contact with the mouth as the patient breathes through the device airway. While maintaining an oral seal it provides a second "nose" for the patient to breathe through if they cannot get enough air due to nasal congestion or obstruction. It converts mouth breathers to "pseudo" nose breathers.



Does the Oventus device emit any noise when you exhale?

The O₂Vent™ makes a slight noise when the patient breathes through it – very much like deep breathing. Patients and their partners find it far quieter than snoring or alternative breathing devices.

Does it make a person gag?

The O₂Vent™ sits between the teeth and the cheeks. It does not extend over the palate or the tongue so we have not had any issues with patients gagging from it and we have treated some very severe gaggers.

What is the regulatory status of the O₂Vent™?

The O₂Vent™ devices are listed on the ARTG (Australian Register of Therapeutic Goods), O₂Vent™ Mono - ARTG 230890, O₂Vent™ T – ARTG 275667 and O₂Vent™ W – 286864.

Where do I go to get an O₂Vent™?

The O₂Vent™ is available through Oventus Accredited Clinicians – dentists who have undergone the training required to assess your suitability to O₂Vent™ treatment, and take bite registration and impressions of the top and bottom teeth. We are accrediting clinicians frequently and adding to our existing network. Look for the “Locate a Dentist” page on the Oventus website at www.oventus.com.au. Currently Clinicians are located in the following states, but please check our website to see where the most convenient site is for your location:

- Queensland
- Victoria
- New South Wales
- Australian Capital Territory
- South Australia
- Western Australia

What if I live in a regional or remote area?

Oventus is increasing its network of Oventus Accredited Clinicians across Australia. But if you live in an area not serviced by an Oventus Accredited Clinician you can provide contact details of your preferred dentist to us and we will be happy to invite them to participate in accreditation training.

How do I clean the O₂Vent™?

By following the instructions for use that is provided with the Oventus kit, the O₂Vent™ should remain in good condition. After each time you use your device, rinse it in lukewarm water. Clean your device using a toothbrush (not the same one you use to clean your teeth with) as toothpaste can damage your device. Shake as much water off your device as possible and dry with a clean tissue or towel and store in your storage box. Twice a week, clean your device more thoroughly using effervescent antibacterial cleaning tablets recommended by your Oventus Accredited Clinician. Half fill a container with water and place the tablet and your device in the tub ensuring it is completely submerged. Turn the cleaner on for 15 minutes. Rinse both the device and the tub well in warm water and dry as you do daily.



How can I find out more information?

If you are interested in finding out more information about the O₂Vent™, [register online for free at www.oventus.com.au](https://www.oventus.com.au), or call us on 1300 533 159.

References

1. Sutherland, et. al, Oral Appliance Treatment for Obstructive Sleep Apnea: An Update. Journal of Clinical Sleep Medicine. February 15, 2014.
2. Lavery D, Hart C et al. Safety and Efficacy of a Novel Oral Appliance in the Treatment of Obstructive Sleep Apnea. Journal of Dental Sleep Medicine Vol.4 No.3 July 2017