

The Delaware Center for TMJ and Sleep Therapy

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**Michael T. Rosen,
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*Fellow - Academy of
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*Member - American
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facial Pain*

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Suite #2

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www.drmmichaelrosen.com

Oral Appliance Therapy Referral

Date _____

Patient Name _____

Phone Number: _____

Please treat for OSA (327.23) with mandibular advancement device or TRD (E0486)

Other _____

**** Please fax original (non-CPAP PSG) ****

Ordering Physician:

(Print Name)

Signature:

Phone:

Fax:



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Oral Appliance Therapy Protocol Outline

Initial Consultation:

After a diagnosis of Obstructive Sleep Apnea through The Delaware Sleep Disorder Center, your first visit is a 2 hour comprehensive consultation. At this visit, we perform a full history review and show you appliances, demonstrating their effectiveness and use.

Appliance Fabrication:

At your second appointment, we take impressions and bite registration for the oral appliance. Bite registration techniques are designed to avoid side-effects and difficulty adjusting to their use.

Delivery:

At your third appointment, we deliver the oral appliance and morning exercise appliance. We also demonstrate adjustability and explain our protocols for making adjustments. Adjustability occurs in very small increments, for gradual movement, and slow adjustments.

Follow Up Procedures:

There are 3-5 follow up appointments during the adjustment period. Additionally, small specific adjustments are sometimes necessary due to dental work or small bite changes. It is common to do a home sleep study at some time during the adjustment period.

The adjustments are not a 'race.' We take as much time as we need.

Final Treatment Visit:

After a period of adjustment that lasts for 3-6 months, a follow up study is necessary to ensure the effectiveness of the appliance. This study is to be done by your qualified sleep specialist and will be the evaluation of the overall effectiveness of the appliance.

Further Follow Up Appointments (if necessary):

If the follow up study does not demonstrate clinical success, the appliance will be re-adjusted and further follow up studies will be necessary.

It is expected that we will see you 6 months following your last adjustment and once each subsequent year to check your progress and the condition of your appliance.



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Insurance Information

Our office will do everything that it can to maximize your medical insurance.

If you are eligible for **Medicare** you will have no personal costs at your first consultation visit.

There are many **other types of medical insurance** and the amount that they pay can vary widely from no coverage at all to 100% coverage. Because of the wide variation in coverage you will be asked to pay the cost of your first appointment. We will submit your insurance for you and the insurance payment will go directly to you.

Our front desk tries very hard to pre-qualify your first visit. When you come in for your first visit we should be able to give you a reasonable idea of what your insurance might cover.

Remember, we are a dental office, and we are treating you for a medical condition. Just as you are learning about this alternate treatment option, the medical insurance companies are also trying to figure out how to spend your insurance dollars in a dental office.

The good news is that 'oral appliance therapy' is well accepted, well researched, and it works.

Sincerely,

Dr. Rosen and Staff



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For an appointment, call (302) 994-0979

Ask for Dawn or Helen

**Michael T. Rosen,
DDS, MS, LVIF, FAGD**

*Fellow – Academy of
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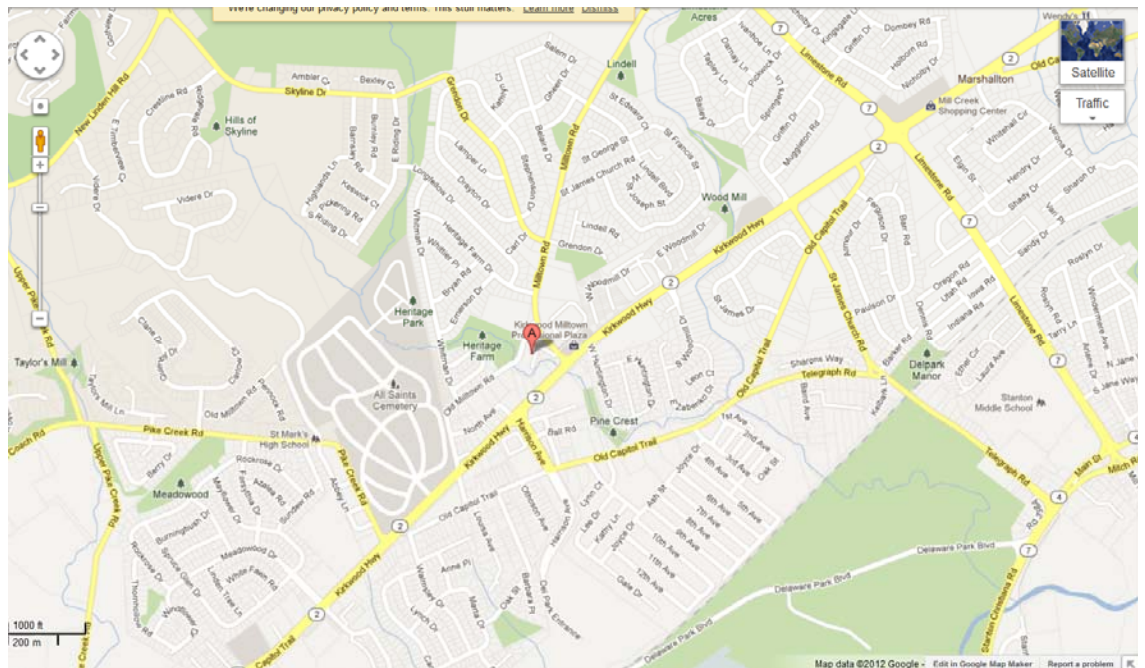
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- We will do our best to pre-qualify your medical insurance for you before your first visit. If you have your medical insurance card available when you call, it will help Dawn and Helen to help you.
- We will need a copy of your 'sleep study.' Do you remember the name of your 'sleep' doctor?

Our office is located in Delaware between Wilmington and Newark just off the Kirkwood Highway (route 2) near Limestone Road (route 7).



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