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Comprehensive Neurology and Sleep Medicine, P.A.

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## **DENTAL APPLIANCE**

After being diagnosed with obstructive sleep apnea through a polysomnogram (sleep study) you may desire to try a dental appliance to help improve your sleep apnea. This appliance will either pull the jaw forward or pull the tongue forward while sleeping to create a larger passageway in the throat to allow for appropriate night time breathing.

A dentist may mold a dental appliance specific to your needs and comfort. You may contact your dentist to find if he/she makes such dental appliances. If your dentist doesn't specialize in molding dental appliances, you may find a list of dentists who may help you attached to this sheet.

Medical insurance may cover a dental appliance for obstructive sleep apnea. The process to have your medical insurance pay for your dental appliance may be complicated. First check to see if you must obtain prior approval from you medical insurance (appliance is a medical benefit not a dental benefit). If you do not obtain prior authorization through your medical insurance for the dental appliance prior to having the appliance made, you will likely be responsible for the cost of the appliance (>\$1,000).

To help and obtain prior authorization for the dental appliance, please, send a copy of your office visit note containing the sentence "The use of a dental appliance is medically indicated and necessary in the treatment of sleep apnea for this patient" to your insurance company. The diagnosis code for obstructive sleep apnea is 327.23. It is your responsibility to get prior authorization for the dental appliance.

After obtaining the dental appliance it is necessary that we check its efficacy in treating your sleep apnea. To do this, you will undergo a second sleep study in which you wear your new dental appliance. Please note that there is not a guarantee that the dental appliance will be effective so the follow-up polysomnogram (sleep study) is very important.