

Dental practitioners for mandibular advancement splint

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ENT North

Mandibular advancement splint (MAS)

A mandibular advancement splint (MAS) is a custom made, non-invasive device used to treat snoring and mild to moderate sleep apnoea. It is worn in the mouth whilst sleeping.

This information sheet specifically refers to a MAS fitted by a dentist. The 'boil and bite' anti-snoring mouthguards available from pharmacies and online are less effective than a proper MAS and are generally not effective in treating sleep apnoea (they do have a role in snorers without sleep apnoea).

A MAS looks similar to a mouthguard and works by holding the lower jaw (mandible) forward, which draws forward the tongue and enlarges the airway space during sleep.

MAS is a clinically proven management of sleep apnoea that is mild or moderate, however it is not recommended for use in severe sleep apnoea. MAS pricing is usually \$1800-\$2000 for a device which will last many years.

Local dental practitioners for MAS

Dr Agim Hymer
FirstBite Dental, Essendon

Dr Jeffrey Kestenberg
Coburg Dental Group, Coburg

Dr Andrew Gikas
Melbourne Dental Clinic, Carlton

Dr George Nitsopoulos
Hoppers Crossing Dental, Hopper Crossing

Dr Nomita Gonsalves
The Dental Gallery, Point Cook

Dr Mohit Dubey
Horne St Dental Group, Sunbury

Dr Amisha Hindocha
Portside Dental, Newport

Dr Daniel Andrews
Hobsons Bay Dental, Williamstown & Altona North

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