

# VIVOS DNA APPLIANCE

## For TMJ-TMD, Dental Crowding and Obstructive Sleep Apnea

The VIVOS DNA device can correct or improve problems causing TMJ facial pain, obstructive sleep apnea, orthodontic teeth crowding and many postural problems. The magic of the appliance is that it works for adults too. Amelioration of TMJ and sleep apnea with non-surgical treatment is the claim to fame of VIVOS DNA therapy. Most treatments available only address *symptoms*. For example night guards, occlusal splints and oral sleep apnea and snore appliances, *never correct* problems, but rather manage problems and need to be worn for a lifetime.

*The VIVOS APPLIANCE is removable and easy for adults to tolerate. It only needs to be worn in the evening and through the night.* At the end of treatment the appliance can be retired and does not need to be worn forever. The difference between the DNA device vs night guards and oral sleep apnea and snore appliances is that the DNA corrects or dramatically improves TMJ and sleep apnea problems. In contrast, a night guard or oral sleep or snoring appliance only manages a problem and is worn for the rest of your life.

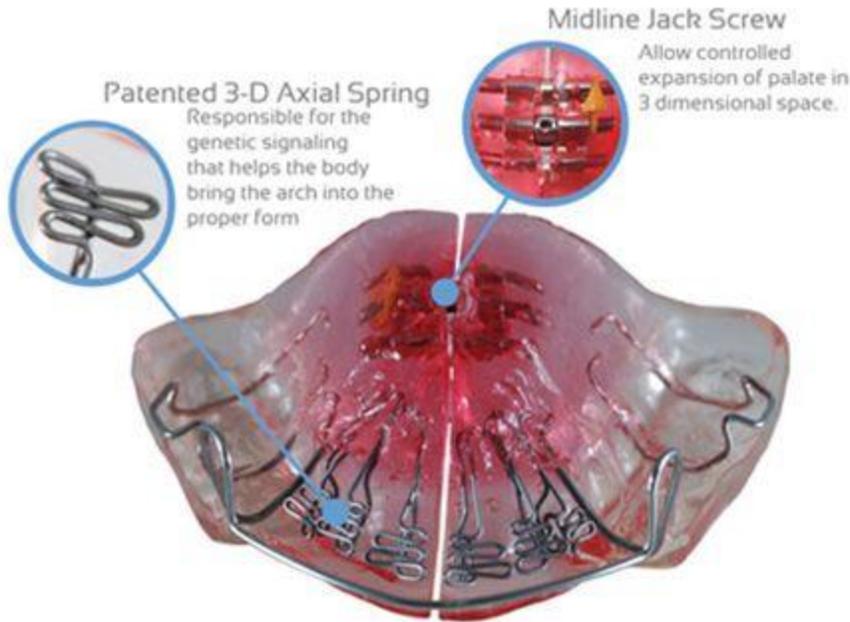
*“VIVOS DNA therapy is the biggest advancement to dentistry since the dental implant...and may be more important since the appliance can prevent tooth loss and the future need for tooth replacement.”*

Because the VIVOS DNA device creates more room in the mouth and upper airway, it naturally treats obstructive sleep apnea.



The DNA is a combination of 1) TMJ-TMD night guard, 2) palatal expander 3) retainer. Long story, short, the DNA device will balance the bite relationship between the upper and lower jaws, create more room in the mouth for optimal tongue function and open the airway for better breathing – especially night time breathing. The DNA is a removable appliance that is worn at night time. The appliance is more effective than surgery in correcting many TMJ and obstructive sleep apnea problems. **The therapy is FDA approved and has been for years.**

Dr Dave Singh of [Oral Systemic Link](#), is the inventor of the DNA and epigenetic orthodontics and orthopedics. Dr Singh has done a great job of everything except marketing the DNA to dentists and the general public. We attempt to advance this wonderful appliance for upper airway and TMJ disorder treatment. This appliance has helped so many people get better with the unique and novel NON-SURGICAL TMJ disorder relief option. Anyone suffering from TMJ pain, snoring, obstructive Sleep Apnea, or has bruxism and tooth wear issues should consider this unique treatment option.



**DNA**  
Appliance™ System

### How does the DNA result in Jaw and Upper Airway Development?

The removable appliance is worn after dinner time and through the night for a total of at least 10-12 hours per day. Every 1-2 weeks (under the direction of Dr. Pomerance) a key is used (by the patient) to slowly open or “expand” the appliance. The “expansion” places a light stretch on the jaw bones in an outward direction. The light stretchy pressure in combination with tongue pressure on the springs embedded in the appliance (see the appliance picture above) causes an increase in bone cell activity and a net growth in jaw volume. The bone growth in the jaws and airway is also called “biomimetics”. This describes the magic, if you will, of the DNA and why the novel [non-surgical treatment option for TMJ and Sleep Apnea](#) patients is such a huge opportunity.

Every 6 – 8 weeks the [DNA appliance dentist](#) will do an evaluation and adjust the bite on the night guard portion of the appliance to keep the appliance balanced left to right and gently and slowly promote a more forward bite and jaw position. Total treatment time usually takes 6-24 months depending on the difficulty of the case. **The treatment is not orthodontic (moving teeth). It is bone volume increasing and jaw size growing.** Not the teeth moving around in the jaws as is usual during orthodontics.

### How does the DNA correct or improve upper airway problems and TMJ dysfunction?

A small mouth, small upper airway, crowded teeth, deep and narrow palate are things TMJ and Sleep Apnea people have in common. Individuals with small mouths and crowded teeth often do not have enough room in their mouth for their tongue to fit during deep sleep. During deep sleep, the tongue relaxes and falls back where it fits better, that is back into the throat and airway. The palate is the roof of the mouth and the base of the nose. “Small” often means, stuffy nasal passageways. Sometimes “seasonal allergies” can be improved by creating more room for seasonal irritants to drain and pass through the mouth and nose. A larger mouth also means larger sinus spaces that drain better and fewer sinus infections and headaches.

## What happens during DNA Therapy?

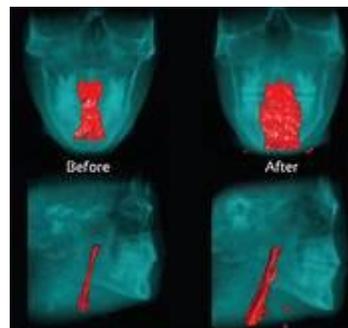
DNA therapy gently expands the upper jaw while keeping the bite balanced. The DNA is unique in that it treats the bite and the airway at the same time. Volumetric 3D expansion increases the size of the nasal passageways, the mouth and the airway. As the upper jaw grows bigger, the lower jaw enlarges and moves more forward into a more natural and optimal position. As the lower jaw moves forward, the tongue and soft tissue follow and have more room to exist ahead of the airway, creating a larger and less obstructed upper airway. The result is improved breathing function, resolution of clenching problems and improved posture. Have you ever wondered why you can't breathe well through your nose? Sinus pain and pressure is caused by small sinuses and poor sinus drainage.

## Benefits of DNA Device Therapy:

- No more Migraine Headaches
- Resolves TMJ pain symptoms
- Improves obstructive sleep apnea and airway problems
- Painless non-surgical treatment
- larger and more optimal sinus spaces meaning fewer sinus infections and headaches
- Improved posture
- Easy and painless removable appliance only needs to be worn at night time for a treatment period

(not for the rest of your life)

- Improved nasal breathing
- Decreased or Resolution of Snoring
- Better deep sleep
- Increased Energy
- Decreased Anxiety
- Improved Metabolism
- Increased upper airway



CBCT scan



Increase facial beauty naturally  
by using the power of your own genes





### **The DNA Device allows the Dentist to do two important things:**

1. Increases the width, depth and height / dimension of the mouth and airway. The DNA naturally creates more room in the mouth to permanently improve the structures of the jaws and breathing spaces.
2. Correct and cures TMJ problems by adjusting and optimizing the relationship between the upper and lower jaws during treatment.

### **The DNA can correct and cure Sleep Apnea, TMJ Disorder, Orthodontic, and Posture Problems.**

Patients who have DNA device therapy see improvements and sometimes complete cessation of TMJ Pain and Sleep Apnea. The unique appliance therapy is a great tool for the TMJ specialist. Dentists do not diagnose Sleep Apnea, but they can make the airway bigger with this novel therapy. Many sleep apnea specialists seek out dentists trained in sleep apnea dental appliance. The DNA can be used for **all ages**. It is comfortable, painless and is only worn in the evenings and while sleeping. There is no comparable therapy to treat TMJ-TMD symptoms or sleep apnea. Any corrective therapies involve aggressive surgery. The DNA apparatus naturally corrects alignment of teeth, jaw balance, facial proportions and symmetry, upper airway, and neuromuscular harmony.

## Not all DNA cases are the same!

There is no cookie-cutter treatment. Though many patients may present with common symptoms, each case has unique problems requiring a specific treatment course.

### Successful DNA therapy Involves:

- Diagnosing each case for the specific problems that exist.
- Designing a DNA appliance to correct jaw and facial bone problems that exist. There are 100s of different ways to design a DNA Appliance. Other craniofacial and orthopedic appliances have existed in the past such as the [ALF appliance](#). But DNA therapy is the [best non-surgical treatment for TMJ](#) and upper airway / sleep apnea issues.