

INSTRUCTIONS FOR USE



OVENTUS
EXVENT™



OVENTUS®

INTRODUCTION

The Oventus ExVent™ (*ExVent*) is an accessory that can be used in conjunction with the following O₂Vent® oral devices from the Oventus airway management system:

- > O₂Vent® Optima
- > O₂Vent® W

**The *ExVent* cannot be used as a standalone device or be used with products other than O₂Vent® oral devices.



The purpose of this accessory is to provide the Healthcare Professional an option to augment traditional mandibular advancement therapy.

Why might *ExVent* be needed? Sometimes the airway needs additional help to stay open. This help is provided by the use of the *ExVent* valve, which provides the airway with mild “end of breath” airway pressure/support. *ExVent* is intended to assist in reducing or eliminating snoring and/or obstructive sleep apnea.

How does it work? The *ExVent* is inserted into the oral airway in the front of the O₂Vent® device. The *ExVent* is a valve with air vents. This valve opens and closes as you breathe.

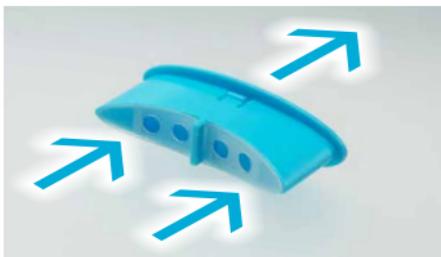
- > Upon breathing in, the valve fully opens which allows for the free flow of air into the airway.
- > When breathing out, the valve closes, directing your breath through the air vents. This creates the mild pressure or airway support required to keep the airway open. This type of valve is sometimes known as Positive End Expiratory Pressure (PEEP) or End Positive Expiratory Pressure (EPAP).

EXVENT™ – BREATHING IN



The valve opens when breathing in allowing for free airflow.

EXVENT™ – BREATHING OUT



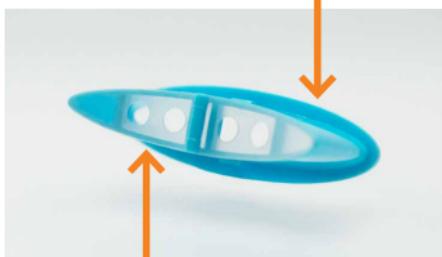
The valve closes when breathing out. The vents control airflow to create mild pressure or airway support.

The *ExVent* offers three different levels of airway support: low, medium and high. This refers to the amount of airway pressure the *ExVent* generates. Your Healthcare Professional will determine if this mode of therapy is the right one for you to use to reduce your snoring and/or sleep apnea.

Indications for Use

The Oventus *ExVent* is an accessory that can be used with the O₂Vent® range of oral devices to assist with the intended use of reducing or alleviating snoring and/or obstructive sleep apnea (OSA).

ExVent front lip



Valve with air vents



The *ExVent* is a one-way valve that opens when breathing in and closes when breathing out, prolonging the breath. This creates positive pressure or upper airway support and may improve user outcome and comfort when used with your O₂Vent® device. The *ExVent* is an optional accessory. A prescription is required.

Contraindications

The **ExVent** is contraindicated for patients who:

- > have central sleep apnea
- > have severe respiratory disorders
- > are under 18 years of age.

Always consult with your Healthcare Professional before starting treatment. They will establish whether the **ExVent** is the correct treatment for you. Use only under the supervision of a Healthcare Professional.

About ExVent

The **ExVent** valves are available in three pressure strengths for airway support. These are labeled:

- > **Low** airway support (have four large sized vents for low pressure airway support and are Light Blue in color)
- > **Medium** airway support (have four medium sized vents for medium pressure airway support and are Yellow in color)
- > **High** airway support (have only two vents to provide the highest pressure airway support and are Dark Blue in color)

One may experience more difficulty in breathing out against the higher airway support.



LOW



MEDIUM



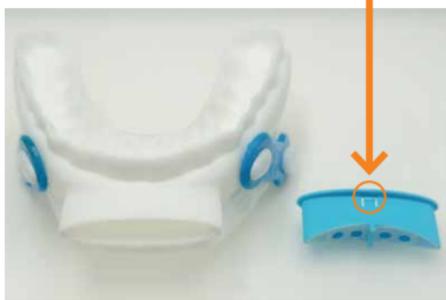
HIGH

Instructions to insert ExVent into your O₂Vent® device

If you use an **ExVent** valve, it must be inserted into your O₂Vent® device before inserting into your mouth (to be worn during sleep periods).

1. Before insertion, check that your O₂Vent® device and **ExVent** are not damaged and are completely dry before use. Do not use if damaged. Replace.
2. Holding your **ExVent** between your fingers in the middle as shown, insert it into the oral airway inlet of your O₂Vent® device. Push the **ExVent** in straight so the retention clips click into place and the front lip sits flush around the edge of the front inlet of your O₂Vent® device. Ensure that the part of the **ExVent** valve that opens and closes is lying flat against the body of the **ExVent** when you insert it.

Retention clips



Insertion of the **ExVent** into the O₂Vent® Optima. Push the **ExVent** in straight so the retention clips click into place and the valve edges are sitting flat.

3. Once the **ExVent** is inserted, follow the Instructions for Use for your O₂Vent® oral device.

** On rare occasions, the part of the **ExVent** valve that opens and closes might stick, fold over or twist. Should this happen, remove the **ExVent**, check that it is dry and realign so the valve sits flat against the body of the **ExVent**. Use a new **ExVent** if necessary.**

Continued overleaf

Daily cleaning of your *ExVent*

After each use of your O₂Vent® oral device, it is recommended that you:

- > Remove the device from your mouth and rinse in lukewarm water
- > Remove the ***ExVent*** from the front inlet of the O₂Vent® device by gently squeezing the middle to disengage the retention clip before pulling it out, taking care not to damage the ***ExVent***
- > Thoroughly rinse the ***ExVent*** with lukewarm water
- > Pat dry the ***ExVent*** with a clean tissue or towel (do not rub/wipe) and store in the Oventus tub that is provided with the O₂Vent® device
- > Leave the ***ExVent*** to dry in the Oventus tub, with the lid open. Do not place the ***ExVent*** into the O₂Vent® device to dry.

For cleaning of your O₂Vent® device, please refer to the Instructions for Use provided with your device.



TIPS:

1. If you are finding it uncomfortable or difficult to breathe out of your ***ExVent***, you can insert your O₂Vent® device and ***ExVent*** prior to your sleep period, to practice getting used to it while awake.
2. One exercise to help you adapt to your ***ExVent*** valve is to breathe in (WITHOUT your O₂Vent® device in your mouth) and then slowly breathe out with your lips tightly pressed together, as if blowing a kiss.

Twice a week – cleaning your **ExVent**

Clean your **ExVent** more thoroughly twice a week, or more frequently as required, using an antibacterial cleaning agent. These are readily available in stores. Follow the cleaning agent Instructions for Use.



ExVent Precautions

Do not use chlorine-based products, such as denture cleanser. Do not use bleach or acetic acid. Do not put your **ExVent** in water warmer than 45°C or 113°F.

WARNING: Choking hazard - small parts

Keep away from children under 3 years.

Potential Side Effects

The most commonly experienced side effects may include:

- > Dry mouth/throat/lips
- > Nasal congestion / runny nose
- > Throat or ear discomfort
- > Breathing discomfort
- > Headache
- > Difficulty falling asleep and staying asleep

Warning:

- > If you experience difficulties with your **ExVent**, contact your prescribing Healthcare Professional

Supply of your **ExVent**

The **ExVent** is supplied in a starter pack with one of each of the three available airway support strengths and is called a 'Multipack'. Your Healthcare Professional will work with you to find the best strength for you. The intended life for each **ExVent** is three months' use.

Replacement of **ExVents**

Your **ExVent** should be replaced every three months. You can order more **ExVents** in Annual Resupply packs of four.

Your Healthcare Professional may recommend that you replace your **ExVent** more frequently and will advise on the most suitable airway support strength to re-order.

For information on ordering an **ExVent Annual Resupply Pack**, please visit o2vent.com or ask your Healthcare Professional.

ExVent Product Codes:

Low Airway Support – Annual Resupply Pack:	EXVL-AR
Medium Airway Support – Annual Resupply Pack:	EXVM-AR
High Airway Support – Annual Resupply Pack:	EXVH-AR
Multipack (one of each, Low, Medium and High Airway Support):	EXVMP
Clinic Multipack (24):	EXV-CM



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