

## Follow-up Note Sample

Patient DOB: ##/##/####

DOS: ##/##/####

Subjective: Patient has a history of moderate obstructive sleep apnea and presents today for 1-month follow-up, regarding her therapy with the Herbst oral appliance. The patient considers her sleep continuity to be good, awakening no more than once each night to use the bathroom. She describes improved morning refreshment. She continues to feel tired when driving home from work and when watching TV in the evening. Snoring remains bothersome to her husband. She describes wearing the oral appliance 7 nights per week and all night without difficulty. She has not been doing the prescribed exercises as directed, but does wear the aligner for 15 minutes about 3 mornings per week. The patient is now taking HCTZ for hypertension. Medical history otherwise unchanged. Family history and social history are unchanged. No significant weight change is reported.

Objective: General appearance, eyes, ears, nose, neck, face, and salivary glands are grossly symmetric and remain unchanged. Dentition, nasal septum, and nasal turbinates remain unchanged. Hard and soft palate are unchanged. Oral mucosa and tongue are unchanged. The temporomandibular complex is unchanged. ROM: 48 mm vertical, R: 10 mm, L: 9 mm, Protrusion: 9 mm; Canine Class II Div 1, OB: 2 mm, OJ: 5 mm, Appliance set to 1 mm at both telescopes and is holding up well. Exam reveals bilateral stable occlusal support and no significant change in teeth mobility.

Assessment: Obstructive sleep apnea is symptomatically improved with oral appliance therapy though treatment may remain subtherapeutic. Assessment of oral appliance effectiveness is pending objective testing.

Plan: We reviewed the importance of daily adherence with the prescribed morning exercises and reviewed the recommended protocol. Continue oral appliance therapy. Continue oral appliance calibration as comfortable for 20 additional adjustments, or until late afternoon sleepiness and snoring are improved, whichever comes first. The patient is reminded to follow-up with medical specialists for ongoing medical management. Next appointment: 6 weeks for reassessment.