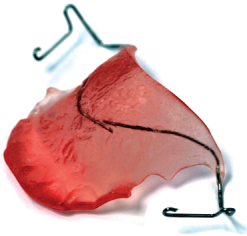


How to care for your removable appliance

Wear your removable appliance at all times except when eating, brushing your teeth, playing sports and swimming.

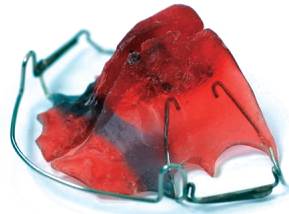


1. After eating, brush your teeth and put your retainer straight back in.
2. Clean your retainer with a small (fingernail) brush and warm soapy water. Boiling water can distort the appliance.



3. You may need to practice speaking with your removable appliance in your mouth. Be patient! You'll get the hang of it soon.

4. Do not click the removable appliance in and out with your tongue or bite it into place, as this can cause damage.
5. When you take your removable appliance out to eat, be sure to put it in its case instead of wrapping it in a napkin. Retainers wrapped in napkins often get thrown away!



6. Keep your removable appliance away from your pets; for some reason, they find them very tasty.
7. If you take your removable appliance out for any reason do not put it in your pocket as the acrylic is brittle and breaks easily if you sit on it. Put it in the case we provided.