

CARE OF YOUR REMOVEABLE APPLICANCE

- When appliance is out of the mouth for more than 60 minutes it must be kept in water.
- Do not wear the appliance while playing contact sports. (Leave it in your retainer case.)
- Do not chew gum or sticky candy while wearing the appliance.
- Do not wear the appliance while eating. In school, keep the appliance in the retainer case during lunch then rinse the appliance with water and put it back in the mouth right after eating.
- At home clean the appliance nightly: remove from mouth and soak in Polident while having dinner, or, brush with your toothbrush when going to bed.
- Do not remove or insert the appliance by holding on to the wire across the front of the teeth. Follow the instructions you were given.