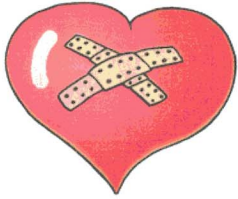




# YOUR NEW APPLIANCE



Your new appliance may cause you some discomfort at first. Here are some suggestions that may help:



- 1 If your appliance rubs on your cheeks, gums, or tongue, dry the appliance with a tissue, place the wax you were given between your fingers to warm it and press onto the appliance where it feels rough.
- 2 If the soreness does not improve, call the office to have your appliance and sore area checked.

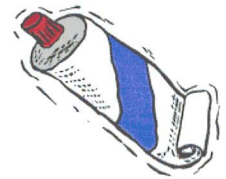


Please remember that as your teeth move they will be sore for the first few days. This is a sign of progress in treatment so please be patient! The irritation should lessen in a few days once your cheeks and gums get used to your new appliance.

## HOW TO CLEAN YOUR APPLIANCE:



- 1 Always rinse your appliance with water when you take it out. Allowing saliva to dry on the appliance can cause unpleasant odors and a yellow cloudy residue.
- 2 Brush your appliance daily with a toothbrush and toothpaste.
- 3 Once a week soak your appliance in denture cleaner or mouthwash.
- 4 Once a month disinfect your appliance for 10 minutes in a cup of warm water with 1 teaspoon of bleach. Scrub your appliance with a toothbrush, rinse with fresh water, and soak in fresh water for an additional 10 minutes.



## HOW TO CARE FOR YOUR NEW APPLIANCE:

When your appliance is not in your mouth be sure to keep it in the case you were given. If you did not receive a case or have misplaced yours please ask for a new one.

### WHAT NOT TO DO:



- 1 Never wrap the appliance tissues, paper towels, or napkins without the case.
- 2 Never put your appliance in your pocket, purse, lunchbox or backpack without the case.
- 3 **Never** Put your appliance where a dog can reach it. They love to chew them!!
- 4 Never place your appliance in hot water, boiling water or in your dishwasher.
- 5 Never soak your appliance in alcohol.



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