

PATIENT APPLIANCE CARE

CAUTION

1. NO Hot Water. It will warp and damage your appliance.
2. NO Direct Sunlight. It will warp and cause the plastic to weaken and become brittle.
3. NO Soaking in Mouthwash that contains ALCOHOL. It will cause plastic & metal parts to fail.
4. NO Soaking in Denture Cleaner. It contains a mild form of BLEACH, and will cause plastic, metal, & solder parts to fail.
5. NO "Clicking". Be careful not to "click" your appliances in and out with your tongue. This will weaken the metal, causing it to fatigue and break.

CLEANING YOUR APPLIANCE

1. Brush your appliance with toothpaste when you brush your teeth.
2. Rinse your mouth and appliance with water if you can't brush after meals.
3. If you have a non-removable appliance and will be using Mouthwash, use an Alcohol-Free type.

WEARING YOUR APPLIANCE

Wear your appliances as directed by your doctor. You may salivate more when you first get them and your mouth might be sore. This will subside and your speech will return to normal after a few days of wearing your appliances. Call your doctor if you lose, break or have concerns about the fit.

STORING OF YOUR APPLIANCE

Your Orthodontic Appliance is fragile and the safest place for them is in your mouth. When you need to remove your appliances store them in a retainer case. Hard plastic is the safest...and your doctor's first choice. Soft cases will keep them clean and are much safer than wrapping them in a napkin or just setting them on the table.

Choose appliance cases that fit your needs and put them in places where you will use them. Think about where you will be taking out your appliances, to eat, brush your teeth, play sports, eat in a car, etc. Put an appliance case in those locations permanently if possible. Put an attractive appliance case on the dinner table so you'll always have a nice place to hide your appliances while you eat. Your friends and family will appreciate your consideration.

Make Good Habits!