

## INSTRUCTIONS AND CARE FOR YOUR APPLIANCE

- Your appliance must be worn exactly as directed in order to get the desired results.
- At first you will notice an excessive amount of saliva, necessitating constant swallowing. This will cease in a couple of days and you will be more comfortable with the appliance.
- Some discomfort is to be expected at first. If, however, a spot on the gum or a particular tooth gets especially sore please call the office to have it checked.
- Keep it away from dogs; they love to eat them. Many have been lost off of nightstands. Replacement fees will vary depending on your appliance.
- Never wrap in a napkin as it can easily be thrown away.
- Good oral hygiene is critical since the appliance will collect plaque.
- Brush appliance thoroughly with brush and toothpaste when teeth are brushed.
- Effervescent cleaner or Oxyclean can be used once a week or more often if desired.
- Bring to every dental hygiene appointment for evaluation.