



Appliance Care

To insert appliance,

1. Brush and floss your teeth BEFORE placing appliance in your mouth.
2. Soften the appliance under warm tap water to make it easier to insert into your mouth.
3. To insert the appliance, use your forefinger and thumb of both hands. Guide the appliance over your teeth.
4. Gently close your teeth together to ensure the appliance is fully seated.

To remove the appliance,

1. Use the forefinger and thumb of both hands to grasp the appliance.
2. Firmly pull the appliance from your teeth.

To clean the appliance,

1. Use an appliance cleaning solution (ex. Polident) as per the instructions on the box.
2. Gently brush the appliance using a soft toothbrush to gently remove any buildup.
3. Rinse with tap water.
4. Avoid using toothpaste.
5. Bring your appliance with you on your dental visits so we can check for wear and fit of the appliance, as well as a clean in our ultrasonic machine.

To store your appliance,

1. Clean and dry your appliance first before storing it in the case provided.
2. Keep appliance away from pets, children, and extreme temperatures.
3. Remember to wash and dry your appliance case weekly to keep it clean. Allow it to completely dry before using it to store your appliance.

The lifespan of your appliance is contingent on user wear and home care.

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HOURS

Monday: 8am - 5pm
Tuesday: 8am - 7pm
Wednesday: 8am - 5pm
Thursday: 8am - 5pm
Friday: 8am - 1pm