

Instructions For The Care of Your Temporary Dental Appliance

- The appliance is primarily for **APPEARANCE**. Please be careful when eating with it in, and avoid chewing hard and crunchy foods, to avoid breaking it.
- To **INSERT** the appliance, slide it over the teeth and press down firmly and evenly on the left and right biting surfaces, till the appliance is fully seated. **AVOID BITING DOWN** on the appliance to seat it, as this can break it.
- To **REMOVE** the appliance, slide a finger nail under the outer edge of the left and right sides of the appliance and gently slide it off with a rocking motion, pushing on the left and right sides alternatively till the appliance slides off. **DO NOT PUSH ONLY ON ONE SIDE**, as this can break the appliance.
- **CLEAN** your appliance with a soft toothbrush **WITHOUT** toothpaste twice a day.
- To remove **STAIN BUILDUP**, soak your appliance in a solution of 1 teaspoon regular bleach in 1 cup (250ml) water, till the stain has faded. Afterwards, rinse the appliance well in fresh water to remove the bleach taste.
- When not in use, store your appliance dry in the supplied storage case.
- **DO NOT** make adjustments to your appliance. If there is something wrong with the fit, please call our office, and we will make the adjustments for you.