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DAILY-WEAR APPLIANCE

1. Wear appliance daily.
2. Take out every night.
3. Brush the appliance with a soft toothbrush with water, liquid soap or mouthwash (no toothpaste). Every 2-3 days, let it soak in a denture bath with one denture cleaning tablet for 20 minutes (while washing, showering or dressing). If your appliance has metal parts, use a denture soak that is "Safe for Metal" or "Safe for Partials".
4. Remove it from the denture bath, rinse, and store in clear cool water during the night. **Do not wear the appliance at night when sleeping.**
5. Put appliance back in mouth in the morning.
6. Never clean the appliance in the washing machine, dryer, dishwasher or in hot water.
7. Please keep this (and all other oral appliances) away from pets (cats and dogs). Pets love the smell and taste of your oral appliances and will even climb to reach them. These appliances can easily be chewed up and destroyed by the pet.
8. Please inform us immediately if any adjustments are needed or if anything prevents wear of the appliance. Lack of wear (for any reason), even for a short time, will allow normal shifting of the teeth. You may then not be able to wear the appliance and your investment may be wasted.

Thank You,
Dr. Bob Finkel & Staff