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REMOVABLE APPLIANCES

There are many different types of removable appliances. Yours has been designed specifically for you. *At first, you will have more saliva and your speech may be affected.* Both of these will get better quickly. While they are strong, they *do not last forever* even with normal wear.

Please follow these rules:

1. Put your name, address and phone number on your case.
2. Wear them *all the time* except when swimming or during active sports.
3. Removable appliances must be *pushed into place all the way*.
If you cannot do this, call for an appointment. If they are not worn correctly the teeth may shift and it may become impossible to push them all the way in.
4. They should only be in three places: **MOUTH, HAND, CASE**. Never wrap them in a napkin or put them in your pocket. The major cause of loss is due to wrapping them in napkins.
5. **Dogs and cats love to chew them**. Do not let your dog or cat in your bedroom until you are sure your appliances will not fall out during the night. Never put them or your case where a dog or cat can reach them (bedside table, etc.).
6. Brush them with warm water and toothpaste. *Never use very hot water, boil them, or put them in the dishwasher or microwave* as it may warp them.
7. Do not play with them by “flicking” them up and down with your tongue. This weakens the wires and can lead to breakage.
8. Call the office right away if they are bent, broken, or lost.

PLEASE MAKE SURE YOU BRING YOUR RETAINER TO ALL APPOINTMENTS !