

# REMOVABLE APPLIANCES

- It is important to wear it at all times; including meal time and sleeping hours unless you have been specifically instructed otherwise
- Take out your appliance and brush your teeth after each meal. If you can't brush remove your appliance and rinse thoroughly before replacing it
- When brushing, hold the plastic appliance in the palm of your hand and carefully brush first the inside then the outside surfaces. Never place your appliance in boiling or hot water



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- When appliance is out of the mouth, be sure to keep it in its case; don't leave it laying around the house or wrapped in tissue paper
- Loose or broken appliances occur only out of your mouth; yours belongs in your mouth- keep it there!
- Don't wear when swimming or playing contact sport
- Please take good care of your appliances or plates. There will be a repair or replacement fee for broken or misplaced removable appliances



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