

APPLIANCE CARE

Removable Appliance

1. Your appliance is to be worn full time with a few exceptions:
 - while cleaning the appliance
 - while eating
 - while swimming in the lake or ocean
 - while practicing athletic activities
 - with special permission from Dr. Slonkosky
2. Clean with a toothbrush and toothpaste each time you brush your teeth. Your appliance can be soaked in mouthwash a few minutes to give it a good taste. A commercial denture cleaner can be used if mineral deposits accumulate.
3. The appliance is not easily broken, but it requires care. Keep it in the case provided whenever it is not in the mouth. Do not insert or remove the appliance by pushing or pulling on the front wires. Follow the instructions you were given the day you received the appliance.
4. **ABSOLUTELY** no eating of hard or sticky candy, no chewing gum and no crunching on ice. This will bend or break the appliance.
5. The appliance will melt or warp; therefore, DO NOT:
 - place or wash in boiling water
 - leave in car in the summer
 - leave by a stove or heater
6. Speaking may be difficult at first. Practice by reading out loud until you get used to it. Also, the appliance may make you salivate more than usual at first. This will stop in a few days.
7. Your teeth may be sore the first several days until you become accustomed to the pressure of the appliance. Take Tylenol or the equivalent as necessary for discomfort.
8. Important for success:
 - Follow all instructions
 - If you have a problem, call our office at (419) 628-3380.

**REMEMBER, YOUR APPLIANCE IS SPECIAL
AND WAS MADE JUST FOR YOU!**