



Helping Hands

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CARE FOR REMOVABLE PLASTIC APPLIANCES

Caring for your removable plastic appliance is an easy process. There are just a few things to remember.

- Rinse your appliance when you brush your teeth, at least twice a day.
- You can soak your appliance in denture cleanser once a week if desired.
- Keep your appliance out of the sun and heat. Heat damages appliances.
- Keeping your appliance in its case while you are not wearing it is a good habit to get into.
- Definitely keep it safe and away from pets. Dogs and cats love appliances! Don't set it on a bedside table or counter where it is in their reach.

Care for your Sports Mouth Guard

- Do not chew on your mouth guard
- After each use of your mouthguard, rinse it off with water and keep it in its case.
- You can soak your mouthguard in denture cleanser once a week if desired.
- Keep your mouth guard out of the sun and heat.
- Do not brush your sports mouth guard. Use of toothpaste and toothbrush with a sports mouth guard is too harsh.
- Keep away from pets!

Take good care of your appliance / mouth guard and it will take care of you for many years.