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Gervais & a

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## **Appliance care recommandations**

- 1- Brush and floss your teeth, brush your tongue and rinse your mouth prior to use.
- 2- Allow the appliance to air dry in its container when not in use.
- 3- Always soften the appliance under hot tap water prior to placement.
- 4- Clean the appliance after use under cold water with a tooth brush, and a thorough rinse.
- 5- Once a week use of denture cleaners with a maximum of 15 minutes soak will help manage any accumulation of minerals or stains.
- 6- In normal use, the appliance may vary from crystal clear to mildly opaque.
- 7- Removal of the appliance is best accomplished by using equal pull on both sides of your mouth. This will minimize the risk of damage to resilient portion of the appliance.