**APPLIANCE CARE RECOMMENDATIONS**

* Brush and floss your teeth, brush your tongue and rinse your mouth prior to use.
* Allow appliance to air dry in its container when not in use.
* ALWAYS soften the appliance under hot tap water prior to placement.
* Clean the appliance after use under cold water with a tooth brush, a drop of liquid soap and a thorough rinse.
* In normal use, the appliance may vary from crystal clear to mildly opaque.
* 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 the resilient portion of the appliance.
* Store safely away from pets
* Bring your appliance to your hygiene appointment for further professional cleaning.

**150 Elgin Dental**

**Dr. Norma Faycal and Associates**

**104-150 Elgin Street**

**Ottawa, ON K2P 1L4**