

TOP 10 ways to care for your smile!

1. CLEAN REGULARLY

After each wear, scrub your appliance with a toothbrush and water.

2. WEAR OFTEN

Retainers only work if you wear them!

3. SOAK IT

for a little extra clean.

4. REPLACE IT

If you notice changes let your doctor know.

5. AVOID HEAT

(it will melt or warp)

6. AVOID DOGS

They like to eat them.

7. RETAINERS ARE FOREVER

Don't stop using it.

8. BE CAREFUL

when putting it on. Make sure it is on all the way & ease it off.

9. BRUSH YOUR TEETH

before and after use.

10. DON'T LOSE IT

Keep it in its case when not wearing it.