

Removable Appliance

Your appliance should be worn as prescribed by Dr. Calef:

- 24 Hours/day except when eating or brushing
- After school & sleeping or ~ 12 hours per day
- Sleeping time only

TAKING CARE OF YOUR REMOVABLE APPLIANCE:

- Place in with your fingers before biting down on it. Never put your retainer in by biting into it, otherwise the retainer could inadvertently be broken.
- Once your appliance is in place, do not play with your retainer by flipping it around with your tongue or sucking it down and biting back into it. This will loosen the clasps and then it will not fit properly.
- To take your appliance out always use the handles on the sides of the appliance. If you have a wire across the front of your appliance never pull on it to take the retainer out. This will change the shape of the wire and may cause your teeth to move in the wrong direction.
- Brush your appliance several times a day with a toothbrush and toothpaste.
- Use denture cleaner daily to thoroughly clean it.
- **Never** place your retainers in boiling water to clean them. They will distort!
- If your appliance should end up in an unsanitary place, it may be disinfected by placing it in a cup of warm (not hot) water with several drops of bleach. Let the appliance soak in the solution for about half an hour. Rinse the appliance thoroughly before wearing.
- **When your appliance is not in your mouth it should be in an appliance case.**
- Dogs love appliances. If you are at a house where there is a dog and your appliance is out of your mouth make sure it is in a case and up high enough so a dog can not reach it.
- If your appliance does not seem to be fitting properly or is causing discomfort, please call the office for an adjustment. If your appliance gets lost or broken, the sooner an appointment is made for replacement or repairs the better.

If you ever have any questions, do not hesitate to call
Dr. Calef's office at 456-3718.