



CARE AND USE OF YOUR THERMAL ACRYLIC APPLIANCE

1. Prior to inserting your appliance, brush and floss your teeth.
2. Place appliance in a container of hot (NOT boiling) tap water for at least 30 seconds to allow acrylic material to soften.

WARNING: If not allowed to soften properly, appliance may fracture upon insertion.

3. Using both hands, gently guide the appliance into place over teeth. Make sure appliance is seated firmly.
4. TO REMOVE, grasp appliance firmly with both hands and carefully “work” it off teeth.

CLEANING

DO NOT bleach or soak appliance in mouthwash or alcohol.
DO NOT place appliance in boiling water or expose to excessive heat.

1. Using a toothbrush, scrub all surfaces with warm water and a small amount of mild soap or OAP Appliance Cleaner.
(To order, call 800-423-3270 or visit www.CertifiedSmile.com.)
2. Rinse appliance thoroughly and shake dry.
3. Store at room temperature (in the case provided) to prevent accidental damage.