



HOW TO PROPERLY CLEAN YOUR APPLIANCE

Upon removing the appliance from your mouth, rinse under **warm tap water**. Place the appliance in a cup filled with a **retainer cleaning solution**, such as OAP* or Prodent*, and follow the instructions provided by the manufacturer of the product you have chosen. Sonic Cleaners* can also be used in conjunction with the retainer cleaning solutions to enhance their effectiveness.

All products can be found on www.CertifiedSmile.com

Alternative Cleaning Method:

1. Place your appliance in a cup filled with white vinegar for 2 to 5 minutes.
2. Remove the appliance and scrub **GENTLY** with a **SOFT BRISTLE TOOTHBRUSH**.
3. Rinse with warm water (**DO NOT USE HOT WATER**). Shake excess water and allow the appliance to completely dry. Store in a dry place, preferably in a retainer case that has aeration holes.

Note: If you carefully clean your appliance every time it's removed, you may only need regular antibacterial hand soap. Lather your hands and carefully rub the appliance with your fingers. After rubbing the appliance thoroughly, rinse with warm water.

WARNING:

- **DO NOT** soak your appliance in denture cleansers, e.g. Efferdent, Polident, etc. These cleansers are too strong and continuous use would cause the appliance to turn yellow or green.
- **DO NOT** soak your appliance in mouthwash, e.g. Listerine, A.C.T., etc. or any other cleaning agent that contains alcohol. The alcohol can cause certain plastics and pressure-molded, dual-laminate materials to separate and crack.
- **DO NOT** put your appliance in hot water or place in a dishwasher. Use only warm water and always clean your appliance gently.
- **DO NOT** leave appliance in hot car.
- **DO NOT** attempt to use multi-purpose cleaners or bleach on your appliance. They are too strong for metal and/or acrylic components -- and are potentially toxic.
- **AVOID** using toothpaste to clean your appliance. A standard toothbrush used regularly with toothpaste can scratch and dull the appliance. It may also result in bacteria buildup.

