

## **FOR THE CARE OF YOUR CLEAR-FLEX OR DUAL- FLEX SPLINT**

- \* *Soften the appliance under warm tap water prior to placement.*
- \* *Never allow the appliance near high temperatures nor allow it to dehydrate for more than 24 hours.*
- \* *Keep the appliance in a humidor when not in use. Your retainer case should work nicely. Simply place a small piece of wet paper towel in the case.*
- \* *Harden the appliance under cold tap water prior to cleaning.*
- \* *In normal use, the appearance of the resilient portion of the appliance may vary from crystal clear to mildly opaque.*
- \* *If you notice any changes in your symptoms, appearance of your mouth or gums, contact your dentist.*
- \* *Removal of the appliance is best accomplished by using equal pressure on both sides of the mouth. This will minimize the chance of damage to the resilient portion of the appliance.*