

# True Dental Care

for kids & teens

## Appliance Home Care Instructions

### General Information & Instructions:

- Some discomfort is to be expected. Doing the turns at night before bedtime and ibuprofen can be helpful
- Take it out ONLY for eating and for no more than ONE hour at a time
- Brush your teeth before placing it back in
- Practice talking with it, a lisp is to be expected in the beginning. The more you practice the better
- Excess saliva and a bad taste to be expected

### Keeping Your Appliances Clean:

- Brush them with them with a toothbrush and rinse them with water
- Do not soak them in mouthwash
- Do not leave them in a hot car or luggage as access heat can distort the appliance

QUESTIONS?

Call True Dental Care at 201-565-0880