



This Thermoplastic / Dual Appliance was custom-made to fit your unique bite by Certified Dental Technicians at Artistic Dental Laboratories. Visit [artisticdl.com](http://artisticdl.com) to stay up-to-date on how to care for your appliance.

**Thank your Dentist** for choosing a dental laboratory that uses industry-standard materials for their patient's health and safety. This appliance is MADE in the USA by Certified Dental Technicians which meets and exceeds all FDA certified specifications and standards.



PROUDLY  
MANUFACTURED IN  
BOLINGBROOK, IL



THE DAWSON ACADEMY



DAMAS FOR NORTH AMERICA  
DENTAL APPLIANCE MANUFACTURERS AUDIT SYSTEM  
FOR COMPLIANCE & QUALITY MANAGEMENT SYSTEM



CERTIFIED DENTAL  
LABORATORY

Know "What's In Your Mouth?" is a service of the National Association of Dental Laboratories (NADL)

# Patient Instructions

## Thermoplastic/ Dual Appliance Care

01

### Prior to placing the appliance in your mouth:

- Brush and floss your teeth.
- Soften the appliance under warm tap water to aid in placement of the appliance over your teeth.

02

### To insert the appliance:

- Use the forefinger and thumb of both hands to guide the appliance into place over your teeth.
- Gently close your teeth together to insure the appliance is fully seated.

03

### Removal of the appliance:

- Use the forefinger and thumb of both hands to grasp the appliance.
- Pull the appliance from your teeth.

04

### Cleaning the appliance:

- Use liquid hand soap or other mild toothpaste abrasive recommended by your dentist.
- Brush the appliance under cold tap water with a soft toothbrush.

05

### Storage of your appliance:

- Shake moisture from the appliance.
- Place the appliance in the container provided by your dentist or use a sealable container to store your appliance.

06

### Mineral deposits or opacity:

- Mineral deposits can accumulate causing discoloration. If this occurs, soak the appliance for approximately 15 minutes in a denture soak cleanser.
- After soaking, allow the appliance to air dry and store it in your sealable container.

**Note:** Air drying helps to dissipate the opaque appearance caused by excess moisture. Follow appointments as directed by your dentist.

### Contact your dentist if:

- Changes in your symptoms occur, or,
- If changes occur in the appearance of your mouth or gums.