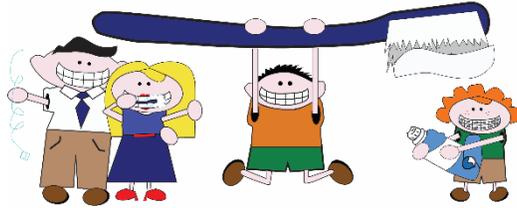


Dental Haven

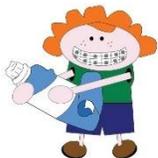


Gonzalo Hernandez D.D.S. Pediatric Dentist
Alexandra Hernandez D.D.S. General Dentist

REMOVABLE APPLIANCE INSTRUCTIONS:

1. Wear your removable appliance **AT ALL TIMES** except:
 - A. When you are eating.
 - B. When brushing your teeth.
 - C. As otherwise instructed.
2. The safest place for your removable appliance is in your mouth. When you are not wearing the appliance place it in the case. By placing it in your case you lessen the chance of it being broken or lost.
3. You will notice that your removable appliance has a plastic taste. This will go away after a few days. As time goes on your appliance could acquire a bad taste or odor. Brush your appliance with toothpaste and place it in mouth wash for one hour.
4. During the first day you will notice that you may have difficulty speaking, especially pronouncing “s” sounds. Your tongue will soon adapt to having your appliance in your mouth and speech will return to normal usually within one or two days.
5. Please take your appliance case with you especially when you will be eating away from home. When eating **DO NOT** wrap appliance in a napkin, or place in your pocket. They are easily forgotten, thrown away, bent or broken.
6. Keep your removable appliance away from any pets, especially dogs. Dogs like to chew on the plastic your appliance is made of.
7. Please remember if anything on your appliance becomes bent, broken, lost or is causing you discomfort call to schedule an appointment. **DO NOT** stop wearing your appliance. A few days or a week may shift your teeth or your orthodontic treatment could be set back a few months.

If your removable appliance is lost or broken due to negligence, an additional fee will be charged for each replacement.



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