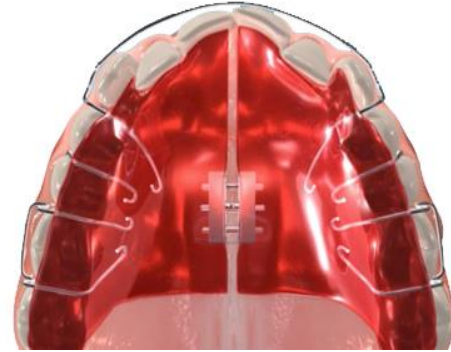


## Schwartz Appliance



- Wear your appliance 12-14 hours a day; most patients prefer after dinner and throughout the night. Ideally the appliance should not leave the house, to avoid losing it.
- Please wear your retainer for a week before you start turning your retainer. Turn your appliance once a week when it is out of your mouth. Insert the key and turn towards the back of the appliance (away from the metal bow). Turning of your retainer helps correct the bite relationship in the back of your mouth and creates more space for your top teeth. Please turn once a week for \_\_\_\_\_ weeks.
- Please brush your appliance on all surfaces, top and bottom with your toothbrush and toothpaste at least twice a day. You can use any denture cleaner once or twice a month for a generalized cleaning when plaque build-up develops.
- When your appliance is not in your mouth, please make sure that it is in your case. If your appliance gets wrapped in a napkin, it can find the garbage easily. Animals like retainers so please make sure to keep it out of reach of your pet.
- If you have any questions or if at any point your retainer is not fitting well, please call our office so we that we can schedule you sooner than your next scheduled appointment.