



Burkhardt • Pecora
orthodontics

REMOVABLE APPLIANCES

When to Wear Your Appliance:

- Wear your appliance all the time, day and night, unless otherwise instructed by Dr. Burkhardt or Dr. Pecora
- Remove your appliance when eating, brushing your teeth, and while playing rough sports.

How to Care For Your Appliance:

- After brushing your teeth, also clean your appliance with your toothbrush and toothpaste.
- Do not soak your appliance in mouthwash, as this will deteriorate your appliance.
- Keep your appliance away from heat. When left on a car dashboard or near a heat register, retainers can be distorted. Never boil or microwave them.
- Keep your appliance away from pets. They like to munch on them.
- Always place your appliance in its case when it is not in your mouth. NEVER wrap the appliance in a paper towel or napkin or leave it on a cafeteria tray, where it can be mistaken for trash and thrown away. Do not put your appliance in your pocket, where it could be broken or bent while sitting.
- If the appliance is broken, a repair fee will be charged. If the appliance is lost or damaged beyond repair, a replacement fee will be charged.