

# Appliance Care Instructions

It is recommended to clean your splint before and after use with water at room temperature and soap. Any over-the-counter cleaning agents designed for oral appliances or dishwashing detergents are suitable.



## CAUTIONS

- **DO NOT** soak appliance in liquid for more than an hour.
- **DO NOT** use abrasive cleaning agents (i.e. toothpaste) as they can shorten the life expectancy of the appliance.
- **DO NOT** clean in water warmer than 45°C.