

**Instructions for Retainer:**

- Clean with toothpaste & toothbrush & rinse with cold water only.
- You may soak it in mouthwash.
- Do store in case when not in your mouth.
- Do store in case when swimming.

**Instructions on things not to do to your retainer:**

- Do not put in or clean with warm or hot water.
- Do not boil. If disinfection is required, use a listerine soak.
- Do not soak in denture cleaners.
- Do not place in tight pant pockets as this may break the retainer.
- Keep away from dogs, they like the scent of the retainer.