

# A **Variflex** appliance

designed for: \_\_\_\_\_

*Prior to inserting the appliance, brush and floss your teeth.*

## **Insertion:**

- **Immerse appliance in hot water for at least one minute to soften.**
- Using both hands, guide the appliance into place over your teeth.
- Gently close your teeth to fully seat the appliance.

## **Removal:**

- Grasp appliance with both hands and carefully work it off your teeth.

## **Cleaning:**

- Run appliance under cold tap water and use a soft toothbrush to gently clean surfaces. **Do not soak in mouthwash or chemicals.**

*Note: Over time, mineral deposits can accumulate and make your appliance opaque. If this occurs, we recommend using a generic denture cleaner to remove these deposits.*

## **Storage:**

- Shake moisture from appliance and place it in the container provided by your dentist.

**Dentist's Name:** \_\_\_\_\_

**Office Telephone:** \_\_\_\_\_



800 267-8463