

A **Variflex**TM 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: _____

