



First Impressions Family Dental Care

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INSTRUCTIONS FOR USING YOUR FINAL ORTHO RETAINERS

1. Wear your upper and/or lower tray(s) all the time for 10 weeks after treatment is completed.
2. After 10 weeks, wear trays only at night to prevent tooth movement
3. Keep in a safe place
4. We will replace lost or broken trays at no cost within 6 months.
5. After use, rinse trays with warm water and store in case.
6. Once or twice a week clean with hot soapy water or vinegar.

Any further questions, please call us at 317-867-5511