



CARE INSTRUCTIONS



DAY TIME

- Each morning, clean your RiPPLE thoroughly with a toothbrush and water.
- Avoid using toothpaste or soaking RiPPLE in mouthwash. Over the counter appliance cleaners can be used.
- If staining, discoloring or a smell occurs, use an appliance cleaner, like Dentasoak, as directed.
- Always use your container case when you remove your RiPPLE.
- Do not put your RiPPLE in the dishwasher or microwave.
- Never wear your RiPPLE while eating and discontinue all gum chewing.



NIGHT TIME

- Wear your RiPPLE each night and for daytime napping.
- Avoid sleeping on your stomach.
- Avoid caffeine or other stimulants for at least two hours before bedtime.
- Avoid distractions or stimulants like music, TV or lights.
- Evaluate your current pillow and mattress.



QUESTIONS

- Carefully inspect your RiPPLE for damage or unusual wear before use.
- Discontinue use of your RiPPLE and contact your dentist if you experience pain or discomfort that lasts more than 24 hours, if your RiPPLE becomes loose, or if your symptoms increase.
- Elastic Replacement Policy for your RiPPLE plus can be found on the reverse side of these care instructions.

*There is a charge for lost or broken appliances.



ELASTIC REPLACEMENT POLICY

Today's Date: _____

Every _____ week(s)

tighten _____ hole(s)

Every _____ week(s)

replace _____ elastic

Elastic length: _____ holes

Failure to follow the above schedule could result in inadequate treatment of your condition. Contact your dentist immediately if you have any questions or concerns.