

# Caring For Your Vivos Appliance

- Keep your appliance in the case and in a safe place when you are not wearing it!
- Keep your appliance away from dogs, cats, little brothers and little sisters!
- **Always** brush your teeth before you wear your appliance. Dye in some foods can turn your appliance a strange color - brush a little extra if you ate anything with dark food coloring in it!
- Remember, the top of your appliance has the V in it and that goes on your top teeth!
- In the beginning your appliance will seem very **BIG** in your mouth. With practice, it will be very comfortable to wear your appliance!
- Before you go to bed, brush your teeth and rinse your appliance with warm water!
- Rinse your appliance with water after you wear it. In the morning, brush your appliance with toothpaste, just like you brush your teeth!
- **DO NOT** use boiling water, the microwave or the dishwasher to clean your appliance!
- If you are sick and need to clean your appliance extra well, to make sure you don't get sick again - you can soak your appliance in an antibacterial mouthwash to kill all the germs!
- During the night, your appliance might fall out. **Don't worry!** This happens! Your appliance will stay in all night, after you get used to wearing it. Just look for it in the morning, brush it, rinse it and put it in the case!
- Call the office right away if you lose your appliance!

