



## Wear & Care for Your Schwarz Appliance

- Remember, the more you wear your Schwarz appliance the better it will work!
- Check your Schwarz appliance to ensure a snug fit
- There should be no pain associated with wearing your Schwarz appliance
- Wear your Schwarz appliance at least 12-16 hours every day and night
- Wear your Schwarz appliance after school, during the weekends and evenings
- Take the Schwarz appliance out while eating
- Use a sonic bath to clean your Schwarz appliance
- Use retainer-cleaning tablets or white vinegar to keep your Schwarz appliance clean
- Record your progress in a journal