

# Wear & Care for Your DNA Appliance

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