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Oral Appliance Use & Care Instructions

Somnomed Oral Appliances

1. Rinse in cool or lukewarm water. Clean with a soft toothbrush and a mild dish detergent (i.e. Dawn). RINSE WELL. Pay particular attention to cleaning the metal components and the fitting surface to ensure that it is free from all scaling deposits. Avoid skin contact with the metal components where possible.
2. Store in the capped container provided filled with clean water. By storing in water, the Somnomed flex material will not dry out and this will help prevent cracks and corrosion. The device should be fully submerged.
3. Once or twice per week, soak in a partial denture cleaner, such as Somtabs (Amazon) or Polident for Partials, available in many pharmacies. Soak for approx. 5 minutes, then rinse and store in water or insert appliance for use. Ensure that you are using a Partial denture cleaner.

Note: You may experience a mild plastic taste during your first use of the device. This will disappear with storage and use. Cleaning with soap and denture cleaner before use is helpful. Replace water daily.

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