

Recommended Cleaning Instructions for Silent Nite:

- In the morning, mimic mastication/chewing exercise
- Apply pressure with your hands to retrude/push the lower jaw back.

- Brush and floss teeth before placing the appliance in mouth.
- Do NOT soak the appliance in mouthwash, denture cleaner or alcohol.
- Do NOT place in hot or boiling water or expose to excessive heat (such as direct sunlight), as this may distort the appliance.
- Rinse well with water before and after use, and store dry.
- Clean appliance with soap and warm water ONLY.
- If it becomes loose, tight or causes you any discomfort, contact Dr. Chien's Office immediately.