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Specialists for Aesthetic Dentistry

DNA Appliance Instructions

Usage:

- 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 10-14 hours every day and night.
- Turn the screw once a week in the direction of the arrow.
- Turn the screw of your DNA Appliance when it feels slightly loose.
- Take the DNA Appliance out while eating.

Cleaning:

- Use a sonic bath to clean you DNA Appliance. Do not use a toothbrush.
- Use denture or retainer cleaning tablets to keep your DNA Appliance really clean

Appointments:

- First appointment in one month.
- Thereafter every two months.

Important Notice:

- **Non-compliance or lack of usage will result in Dental Arch Contraction within days. It is imperative that the DNA appliance is worn daily or as retention until otherwise advised.**