1. Show patient how to insert & remove Dual-Flex Splint.
2. Soften appliance under warm tap water prior to placement.
3. Keep appliance moist in retainer case when not in use with a small piece of wet paper towel.
4. Harden appliance with cold water prior to cleaning. Clean appliance by brushing with a soft brush and toothpaste or soaking in a denture cleaner.
5. Never allow appliance near high temperatures or to dehydrate for more than 24 hours.