

MUNCHIES®

Maintain: Quick Start Guide

Use Munchies Maintain every night to ensure your clear retainers are seated as accurately as possible and to help maintain the position of your teeth after orthodontic treatment.

1. After brushing and flossing your teeth at bedtime, simply insert your clear retainers and put your top teeth into the larger groove on the Munchies Maintain device and bite your bottom teeth against it. Bite on all your front teeth for about 20-30 seconds, you will feel your clear retainer fitting far better.



Please turn over the page for more instructions



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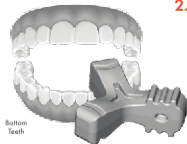
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Made in China

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- 2.** With your retainer in place, Put your bottom teeth into the smaller groove on the Munchies Maintain device and bite your top teeth against it. Bite on all your bottom teeth for about 20-30 seconds.

- 3.** Next, with your retainer in place, put the ridged end of the Munchies Maintain device between your back teeth on one side of your mouth and bite up and down for 30 seconds. *Repeat on the other side of your mouth.*



You will feel your clear retainer fit far better.

- 4.** Repeat this process each time you insert your clear retainers at bedtime.

Refer to Instruction for Use for full information including warnings and precautions at www.orthomunchies.com