

Rocket Retainer Fitting Instructions

Required materials:

***Microwave (1100 Watts)**

***Paper Towels**

***Microwave-safe Plate**

STEP 1: Preparation

Roll up half of a wet paper towel and place it between the channels of the retainer. This will help avoid the retainer walls collapsing while in the microwave.

STEP 2: Placement

Place another folded wet paper towel on the microwave-safe plate with the retainer walls facing up. Then, cover the retainer with another wet paper towel.

STEP 3: Heat

Place the plate in the microwave (1100 watts) and heat for 40 seconds on high.

STEP 4: Remove and Cool

Remove the plate from the microwave and place it on a "spacious working area". Carefully remove all the paper towels from the retainer and leave the retainer on the plate for 3-5 seconds.

Note: paper towels maybe hot. There is no need to rush.

STEP 5: Form

Fit the retainer on your upper or lower teeth and gently close your mouth. **Do not bite down.**

Pull your lips tightly around the retainer and create suction for 2 minutes. Simultaneously, press your fingers against your lips and push your tongue against the back of the retainer to help adapt it to your teeth.

STEP 6: Final Fit

Final fit is complete after two minutes. You may keep the retainer in your mouth or place it in its bag. The retainer will continue to shrink slowly over the next 24 hours, creating a tight, custom fit.