

## Lingual Retainer Cheat Sheet

1. Hit Sculpt> Bubble Smooth 75% strength and Size 30 to smooth embrasures
2. Hit S-select and draw the bar at about size 30 and add incisal rests but at a smaller brush size
3. Hit B- to smooth border> Hit enter to accept
4. Hit Y to separate
5. Hit Control A- to select all
6. Hit D- to extrude 0.8-1mm and >Hit accept
7. Hit S (select)Double click the back surface (tongue area) then >Select >deform and smooth
8. Choose max smooth constraint ring set to 2
9. Export and print the file



