This is how I like to deflask orchid seedlings.

Our goal is to acclimate seedlings grown in a sterile environment that is 100% humidity to 70% humidity. After deflask, I recommend keeping these seedlings in an enclosure, you can use a large clear cake box or salad container. A 10-gallon aquarium works well. You can keep it cover with clear plastic sheet.

You will need a pair of long tweezers to remove seedling one at a time. You can also use a pair of chopsticks.

I find it easier to start from seedling you can see on the side of flask – and work your way to seedlings in the center.

It may be necessarily to fill the flask with half an inch warm (room temperature) water to loosen agar.

There is no reason to use chemical because flasks are sterile. You can use fungicide if you see bacteria or mold growing inside of flask.

You can gently remove agar from roots. It is not necessarily to clean agar completely.

If you use water and get the leaves wet, you can lay seedlings over a clean sheet of newspaper and allow them to dry off.

How to harden off seedlings and when to pot them up?

I plant seedlings from flask in a community pot that is 5-6 inches in size, filled with 50% Styrofoam peanuts at the bottom, and 50% NZ sphagnum moss. I place seedlings loosely over moss. It is best not to completely cover the roots with moss at this stage, just enough for the seedlings that they are grown upright.

It is important to keep the humidity up initially, this is done by placing pots in a larger container, for example, a 10 gallon aquarium, and cover it with clear plastic - allow a crack for ventilation.

Care after de-flasking - First Two Weeks

Keep the moss moist and keep the seedlings cover the first two days. It's best to use a spray bottle to mist the moss. Keep the community pots in shade and gradually increase the light to seedlings.

It is not necessarily nor recommended to use fungicide initially.

It takes about 2 weeks for seedlings to adjust their new 'drier' environment outside of flask. After couple weeks, you may repot the larger seedlings individually to larger pot.

It is important to keep the humidity high, otherwise the tips of leaves could wilt - although it does not harm the plants.