



Retainer Instructions

Congratulations - Your final stage of orthodontic treatment is called retention.
Your teeth must be retained (**or held**) in their new positions.

This is a very important part of your treatment. Without your help by wearing your retainers, your teeth can shift to their original positions. To avoid this possibility, please follow these important rules.

- Wear your retainers 24 hours a day at all times for the first 6 months, except for eating your meals, brushing your teeth, and while playing any active sports. (This includes swimming) **IF YOU DO NOT WEAR YOUR RETAINERS YOUR TEETH WILL SHIFT!**
- It is natural to experience difficulty at first. Talking will improve with a little practice. You will have excessive saliva at first but it will diminish after a day or two, also the taste of the plastic will also disappear. Soreness and sensitivity are quite common the first few days. Irritation of gums and lips should disappear within a few days. If it doesn't please contact us to relieve the area on the retainer that is causing an irritation.
- When retainers are not in your mouth, put them in the case we have provided. Never wrap them in tissues, paper towels, or put them in your pocket. The retainers are very fragile and very expensive to replace. The number one reason for losing retainers is by wrapping them in a napkin, and throwing them away. **DON'T LET THIS HAPPEN TO YOU.**
- Keep them away from pets. They love to chew them.
- When brushing your teeth, brush the retainers with your toothbrush and toothpaste at least twice a day. Never use heat or hot water. Do not leave it in sunshine as this can warp the retainer. Especially in a hot car.
- Soak them once a week in any type of denture cleaner. (Aqua-blast or Efferdent) you can also use 50/50 solution of white vinegar and water.
- If at anytime you have broken, lost, or bent your retainers please call the office during our regular business hours to schedule an appointment. There is a minimum charge of \$295.00 to replace a lost or broken appliance.
- Please bring your retainer with you when you come to the office for your appointment. So we can check the fit.
- **ENJOY YOUR BEAUTIFUL SMILE**