



REMOVABLE RETAINER INSTRUCTIONS

It is very important that you follow these instructions to successfully complete your orthodontic treatment. Bring your retainers to every appointment at our office.

WEARING YOUR RETAINERS

- **ALWAYS** keep your retainer in a safe place when you are not wearing it. Do not leave it in your car during the summer – heat will distort the plastic. Keep your retainers away from pets (pets will chew on the plastic)! Do not leave on paper towels or napkins.
- **DO NOT** wear the retainers while participating in sports or swimming.
- **NEVER** eat anything while wearing your retainers. It's OK to drink water while wearing the retainers, but remove them if you drink other beverages.
- If you forget to wear your retainer, wear the retainer full-time for few days to re-align your teeth. Your teeth may be sore while they re-align. If you cannot push the retainer in place or it does not fit, call our office as soon as possible.

CARING FOR YOUR RETAINERS

- **ALWAYS** brush your retainer when you brush your teeth. Use your toothbrush and water, toothpaste can make the plastic turn dull or cloudy.
- **ALWAYS** remove from the back on **BOTH** sides, improper removal can cause cracks.
- **NEVER** place your retainer in hot water. Heat can distort the plastic and ruin the retainer.
- To keep your retainer shiny, denture cleaning products like Retainer Brite or Efferdent work great. You can find these products at most stores in the toothpaste aisle. Ultrasonic cleaners also work great and can be found on Amazon.

PROBLEMS WITH YOUR RETAINERS

If you lose your retainer, if your retainer breaks, or if it is not fitting correctly... **CONTACT OUR OFFICE AS SOON AS POSSIBLE!** There will be a charge to replace lost or broken retainers or to replace retainers that do not fit due to lack of wear.