

RETAINER WEAR AND CARE



It is your job to keep your teeth and retainer spotlessly clean!

REMEMBER:

- ▶ Wear your retainer as directed. Check with your doctor regarding wear during sports participation.
- ▶ Keep your retainer clean. Brush it with soap and warm water (*not hot*) or as advised by your doctor.
- ▶ Handle your retainer with care. Keep it away from pets (they love to chew on retainers) and heat (car dashboards, washing machines, hot water, etc.).
- ▶ If you take it out of your mouth for any reason put it in its plastic case.



If the retainer is lost or broken there will be a replacement or repair charge.



RETAINER WEAR AND CARE PROCEDURES

UPPER RETAINER

Your upper retainer is a removable appliance designed to maintain your teeth in their corrected position. Please follow these *Wear and Care* instructions carefully.

WEAR

- ▶ The upper retainer should be worn as directed by your orthodontist. Always remove it when brushing your teeth.
- ▶ The retainer's plastic taste will disappear quickly, and your speech will return to normal after a few days of wearing the retainer.
- ▶ Soreness will leave in a few days, even after an adjustment. If you have a localized sore spot after three or four days, call us for an appointment.
- ▶ Don't flip the retainer with your tongue. This could damage your teeth.

CARE

- ▶ Clean the retainer by brushing it with soap and warm water (*not hot*) or as advised by your doctor.
- ▶ When it's not in your mouth, keep the retainer in a special box given to you (*not wrapped in paper or in your pocket*).
- ▶ Keep the retainer away from pets.
- ▶ Bring the retainer to each appointment.



LOWER RETAINER

Your lower retainer is a fixed or removable appliance designed to maintain your teeth in their corrected position. If your retainer is removable, follow the same instructions as outlined for the upper retainer. If fixed, a wire is attached to the inside of your lower front teeth. It requires special attention.

WEAR

- ▶ A fixed retainer will remain in your mouth permanently or until your doctor approves its removal.

CARE

- ▶ When brushing be extra careful to clean the wire and the inside of your lower teeth. Floss daily and use a floss threader between the retainer wire and the gums.

