

RETAINERS WITH FAKE TEETH

Since you no longer have braces, it is **YOUR** responsibility to wear retainers to keep your teeth from shifting. Your retainers will keep your teeth where we have moved them until they are stabilized and can stay in place on their own. The reason that you have to wear retainers is that teeth always have a tendency to shift back to their original positions.

Below are instructions on "**wear and care of your retainers.**" *It is very important to follow these instructions so that your teeth do not move out of place.*

DO'S AND DON'TS FOR RETAINERS WITH FAKE TEETH

DO wear your retainers **full time** for 8 weeks, **24** hours a day. *Remove only for cleaning.* You can wear your retainer without the wire during the day and wear the retainer with the wire across the front at night. After 8 weeks are up, **DO NOT** wear either retainer at bedtime, as the roof of your mouth should not be constantly covered.

DO **alternate between the two retainers during the day** at the 8 week point. If you don't wear each of them on a regular basis, the unworn one will not fit properly. Having two retainers is important so that if one breaks, **you will have a back-up retainer and won't have to go without teeth until another retainer can be made.**

DO You will be given a retainer case and one simple rule to follow... **"If your retainers are not in your mouth, they must be in your case!!"** This will avoid distortion, loss or breakage.

DO be sure that your teeth are clean before inserting your retainers. Residue can cause staining.

DO **care** for your retainers properly:

1. Brush your teeth and retainers with cold water, toothbrush, and toothpaste after every meal. **NEVER USE HOT WATER** (your retainers are plastic and heat may distort).
2. Once a day, you can soak them in *Efferdent, Polident, Listerine*, or any clear mouthwash for 15 to 20 minutes.

DON'T hesitate to contact the office if you have any questions or problems. Retainers are important!

DON'T stick the retainers in your pocket without them being in your case. They will bend and distort.

DON'T leave your retainers near animals or within their reach. **THE ANIMALS WILL EAT THEM!**

DON'T decide on your own that you can stop wearing your retainers. *Remember, it took a lot of work to get this far and we don't want to go backwards now! Your retainers feeling "tight" is a sign your teeth are trying to shift – Continue wearing!*

DON'T wrap your retainers in napkins, paper towels or tissues. This is the primary reason they are thrown away.

DON'T **lose** or **break** your retainers! Replacement cost is **\$350.00 for each retainer with fake teeth. The clear essix retainer you may also have been given is \$95.00 to replace.**

*** With proper care, your retainers should last through the entire retention phase.**

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