

## Retainer Instructions

**CONGRATULATIONS!** *You have come a long way!*

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

**DO** ..... wear your retainers **full time** for 8 weeks, **24** hours a day. *Remove only when eating, drinking anything except water, and for cleaning.* After 8 weeks of full time wear, you may then go to bedtime wear only.

**DO** ..... be sure that your teeth are clean before inserting your retainers. Any residue will cause them to stain.

**DO** ..... **care** for your retainers properly:

1. Brush your teeth and retainers with cold water, toothbrush, and toothpaste after every meal and before and after sleeping. **NEVER USE HOT WATER** (your retainers are plastic and heat will cause them to distort).
2. Once a day, you can soak them in *Effident, Polident, Listerine*, or any **clear** mouthwash for 15 to 20 minutes.
3. You may smooth any rough edges with a nail file if needed.

***"If your retainers are not in your mouth, they must be in your case!!"***

**DON'T** ..... place the retainers in your pocket unless they are in the case. They will bend and distort.

**DON'T** ..... leave retainers around any animals **THE ANIMAL WILL EAT THEM!!!!**

**DON'T** ..... put your retainers in your case after sleeping (once you are wearing at bedtime only) without brushing them. Tarter will build up on them if they are not thoroughly cleaned each morning.

**DON'T** ..... decide on your own to stop wearing your retainers. *Remember, it took a lot of work to get this far and we don't want your teeth to shift. 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 get thrown away.

**DON'T** ..... **lose** or **break** your retainers! Replacement cost is **\$95.00 per retainer or \$190.00 total for upper and lower retainers.**

### HELPFUL HINT:

If your retainers start to get stained or colored, try this mixture to get them clean. Mix 2 tablespoons of "OxiClean ®" powder with 1 teaspoon of "Dawn ® Liquid Dish Soap with Bleach" Take an old toothbrush and scrub your retainers with the mixture. Let it penetrate the retainers for 10 minutes.

**AFTER SOAKING: BRUSH AND RINSE YOUR RETAINERS SO THERE IS NO MIXTURE REMAINING IN THEM!**

**CONGRATULATIONS ON YOUR BEAUTIFUL HEALTHY SMILE!**

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