

## **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**

<b>Wear your retainers:</b>
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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 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.

To keep your retainer shiny, products like *Retainer Brite* or *Efferdent* work great. You can find these products at most stores in the toothpaste aisle. Any store-brand denture cleaner works well, too.

It's OK to brush them with toothpaste, but toothpaste can make the plastic look dull or cloudy.

NEVER place your retainer in hot water. Heat can distort the plastic and ruin the retainer.

### **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.

## **BONDED WIRE RETAINERS**

If you have a wire retainer bonded to your teeth, please remember the following:

### **CARE OF BONDED RETAINERS**

This retainer will be in place for several years; therefore, it is very important to brush and floss under the retainer wire EVERY DAY. Food and plaque build-up around the retainer can cause tooth decay and irritation to the gum tissue.

DO NOT bite hard or sticky foods with your front teeth. Biting hard or sticky things can bend the wire or loosen it from your teeth. Cut foods like apples and carrots into small pieces and chew them on your back teeth.

### **LOOSE OR BROKEN RETAINERS**

**If your retainer gets damaged or comes loose...  
CONTACT OUR OFFICE AS SOON AS POSSIBLE.**

Save the wire and bring it to your appointment.