

Retainer Care Instructions

Once your braces are removed there is one more important step - *retention!* Your orthodontic retainers have been carefully designed to hold your teeth in the correct position until they are stable. This retention phase will help maintain a lifetime of healthy, beautiful smiles.

- Wear your retainers as directed- except during sports or while you eat.
- Retainers are fragile and the safest place for them is in your mouth. When you need to remove your retainers, store them only in the retainer case.
- Avoid hot water, sunlight, and soaking them in mouth wash. The plastic may break or warp.
- Be careful not to “click” them in and out with your tongue. This will weaken the fit of the retainer.
- Keep your retainers clean! It is very important to remove the plaque and bacteria that causes hardened white calculus to build-up over time.
- Use a toothbrush to clean your retainer every time you wear them or take them off, rinse them thoroughly with cool water.
- Occasionally soaking them in denture cleaner is a good idea. This will keep them plaque-free and sparkling clean!
- Remember to bring your retainer for every appointment.
- Call us if you loose, break or have concerns about the fit.

ENJOY YOUR NEW SMILE !!!