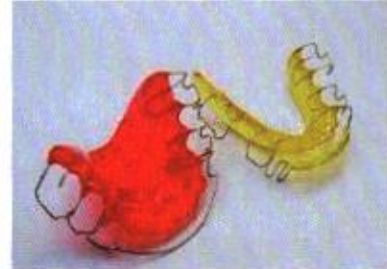
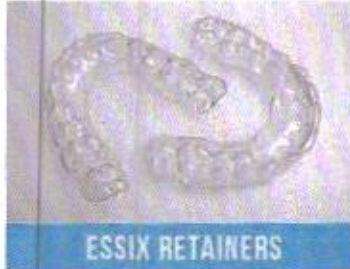


Retainers

Retainers may be removable or fixed. They hold your teeth in their new, correct positions after your teeth have been straightened. Wearing your retainer as directed is crucial to prevent regression of your treatment. **Always bring your retainer to your appointments!**



Wear:

Wear your retainer at all times, until the doctor instructs otherwise.

Take your retainer out when eating, and always put it back in its case! Most appliances are lost in school lunchrooms or restaurants. Remove your retainer when you go swimming.

Speech:

Initially, you may find it difficult to speak and you may feel like you have too much saliva. Practice speaking, reading, or singing out loud to get used to it faster.

Cleaning:

Clean the retainer thoroughly once a day with a toothbrush and hand soap (Dove, Dial, Softsoap, etc). Use cold water. Brushing retainers removes the plaque, and eliminates odors. You should use a regular toothbrush and not an electric one to gently clean the surfaces. You can also soak your retainer in a cleaning solution, like Retainer Brite, to remove stains and particles. A combination of 1 part cold water with 1 part of distilled white vinegar can also be used to clean the appliance.

Handling:

It is important you handle your retainer gently, being careful not to bend or twist it. Always make sure your hands are clean before handling your retainer

Retainers are breakable, so treat yours with care. If your retainer gets lost or broken, call us immediately.

Insertion:

Position the retainer to cover your front teeth and press gently with your fingers at the back (on the top of the molars on both sides) until the retainer slips on. Do not insert the retainer by biting as this may cause damage.

Safe Keeping:

The best place you can keep your retainer is in your mouth. When your retainer is not in your mouth, it should ALWAYS be in its case. Pets love to chew on them! Do not place them on a table, counter, napkin or surface that is unprotected. It is a good idea to write your name and phone number on your case. Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and napkins.

All of these steps help prevent breakage, damage and lost or misplaced retainers. Retainer replacements are expensive, but with proper care they will last for years!

If you have any questions or concerns about your retainer, or you believe it needs adjusting, call us. Do not try to adjust it yourself.

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