

Removable Retainer

Instructions:

Your retainer should be worn full time, **24 HOURS A DAY**, for the first year. Your orthodontist will inform you when you may decrease your retainer wear. After that, your retainers should be worn every night for best result. Please remember that the only way to safeguard against unwanted tooth movement for a lifetime is to continue wearing the retainer. **NIGHT TIME FOR A LIFETIME**. This is especially true when you complete the two-year follow-up retainer visits with our office. While eating, place your retainer in the case that was provided to you. Please do not wrap your retainers in napkins or paper towels. Too many retainers have been lost or broken that way.

Retainer Home Care:

Remove your retainer when brushing your teeth. Then brush your retainers as you would your teeth. Use cold water, as hot water will warp the retainer and cause them not to fit properly. Weekly, you may place your retainers in a denture cleaning solution to keep deposits from building up. Please keep retainers away from heat. Do not leave them near a heat vent or in direct sunlight, such as in a parked car during the summer. If you have any pets, please be sure to keep your retainers out of their reach. Check your retainers daily. If there is something wrong, please call us so that we may fix the retainer as needed. **Please do not remove and chew Essix retainers** (clear retainers). To clean around your bonded retainer, we suggest Superfloss that has stiff ends & a fluffy nylon center.



Appointments:

Retainer check appointments generally occur at intervals of 3-6 months. Your particular pattern will be prescribed by your orthodontist and may change depending upon your teeth. Retainer check appointments are an important part of maintaining your bite. Please keep these appointments and **remember to bring your retainer with you.**

Problems:

Should your retainer not fit properly, become damaged or lost, please call our office immediately so that we may do what is necessary to maintain your smile the way it is. Speech may be slurred for the first few days but will improve with constant wear of retainers. The more you practice talking, singing, etc. the better your speech will be. Excess salivation may occur the first few days as well. This is due to the fact your mouth thinks the retainer is food. After a few days your mouth will get used to the retainer and this will stop.

What Happens When Your Retainers Are Not Worn:

Shifting of teeth is part of the natural aging process. As you age, your bones change and since your teeth are anchored in your jawbones, your teeth may shift also. To avoid as much of this movement as possible, it is important that retainer wear continues for a lifetime. Remember, you and we all worked hard to reach this point to give you a great smile. Its now in your hands to make sure it stays that way.



Essix Retainer



Hawley Retainers



Bonded Retainers



TURN OVER

Retainer Care and Cautions



- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher, or on the dashboard of a car.
- Plastic retainers can be damaged by soaking them in mouthwash.
- Keep retainers beyond the reach of pets and young children. Dogs and cats like to chew on retainers.
- Retainers can be broken if placed in a pocket or backpack.
- There is a charge to replace retainers, so please be careful.



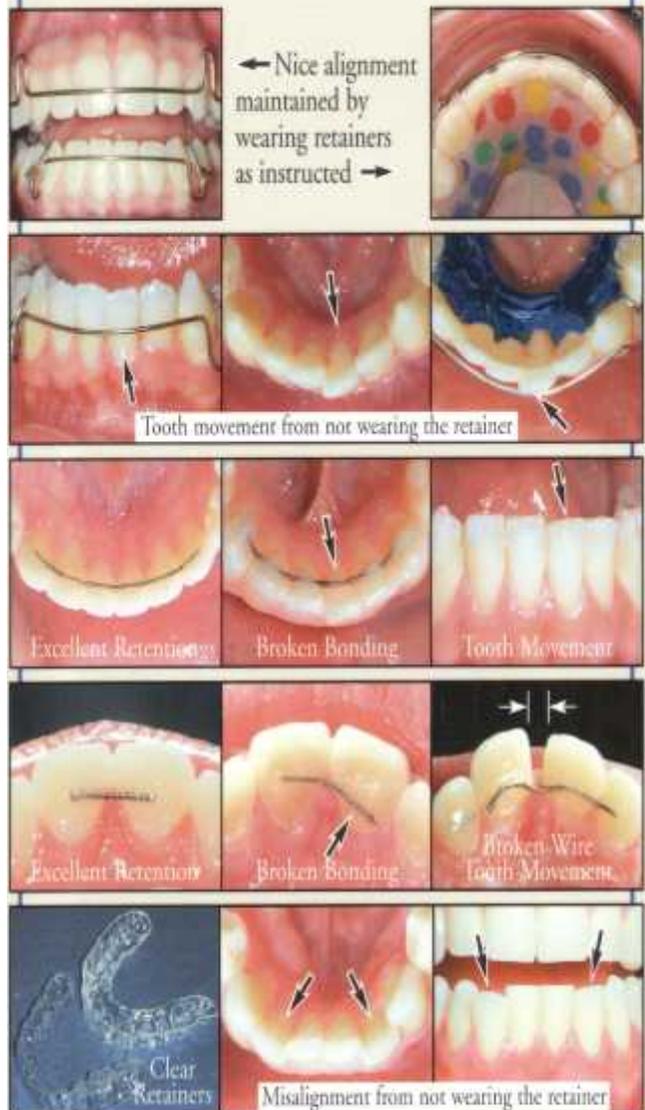
Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on a food tray.

- Like contact lenses, eye glasses, and other personal items, retainers can wear out over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth.

Thank you for being the most important part of our practice. Almost half of our patients are sent to us by former patients. We deeply appreciate your confidence in recommending us to your friends and family.

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Retainer Guide™



Your teeth will move if you don't wear your retainers.

- Correction of significant tooth movement may require the time, effort, and expense of additional treatment.
- If a retainer is lost, broken, or feels different, promptly call our office during business hours. Never try to adjust a retainer.
- Vacations and summer camps will change your routine. These are high-risk periods for losing or not wearing retainers.

- When not wearing or cleaning your retainers, they should be in the retainer case with your name and phone number.



OVER

