

Moving into RETAINERS



Let's keep that beautiful smile you've worked so hard for!

WHAT TO EXPECT

Now that your treatment is over, your teeth may attempt to move back to their original position. To keep that from happening, you are given retainers that you will need to wear and care for!

HOW TO USE

It is very important that your retainers are worn as instructed following the end of treatment. If retainers feel tight, this is an indication they should have been worn for more hours each day to prevent shifting. Continuing to wear your retainers every night will guarantee your smile to stay beautiful! **Nighttime for a lifetime!**

CLEAN & CARE

Whenever you remove your retainer to eat or drink anything besides water, always try to brush your teeth before replacing. If you cannot brush your teeth, swish with water or mouthwash. Your retainers will at least need to be brushed nightly using a toothbrush and mild soap. Our office also provides other cleaning options for patients. When the retainers are not in your mouth they should always be in a case.

In your face, in your case, no other place!



ACCIDENTS & REPLACEMENTS

Accidents happen! Pets love to chew on retainers or retainers may get left inside a napkin at a restaurant. If this happens, give us a call as soon as possible and we'll help you replace your damaged or missing retainer. If your bonded retainer breaks, wear your removable retainer full time until you can be seen for a repair.

HELPFUL TIPS

- **Bring retainers to follow-up appointments**
- Only drink water while wearing your retainers
- Keep out of reach of pets!
- Clean your retainers with water and gentle soap or a retainer cleaner
- Replace your retainers as needed
- Keep your retainers in a case whenever they are not being worn
- Avoid biting them! - Always use your fingers to place and remove retainers.
- Avoid heat! (hot water, dashboard of car, dishwasher, etc)
- If you have a bonded retainer, make sure you floss around it!

Cleaning Crystal/Retainer Brite Instructions

1. Rinse retainers under warm water
2. Place retainers in a container/cup or a ziplock bag and fill with warm water
3. Add cleaning crystal packet/retainer brite and gently shake for 20 seconds
4. Let retainers soak for 15 minutes and then gently shake for 20 seconds again
5. Brush retainers with a soft bristle toothbrush to help remove any build-up
6. Rinse retainers with warm water and continue to wear as prescribed

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