



RETAINER INSTRUCTIONS

WHEN TO WEAR YOUR RETAINERS

- RETAINERS ARE TO BE WORN 24 HOURS A DAY FOR THE FIRST 6 MONTHS.
- THE SECOND 6 MONTHS, THE UPPER RETAINERS WILL BE WORN WHEN YOU ARE AT HOME AND SLEEPING.
- IF YOU HAVE A FIXED (BONDED) LOWER RETAINER, THE CLEAR REMOVABLE RETAINER ONLY NEEDS TO BE WORN AT NIGHT.
- IF YOU DO NOT WEAR YOUR RETAINERS, YOUR TEETH WILL MOVE!!

WHEN TO REMOVE YOUR RETAINERS

- YOU MAY TAKE YOUR RETAINERS OUT TO EAT AND BRUSH YOUR TEETH.
- NEVER PUT RETAINERS IN A NAPKIN OR ON A LUNCH TRAY...THEY WILL GET THROWN AWAY!
- RETAINERS SHOULD ALWAYS BE STORED IN YOUR RETAINER CASE!

CLEANING YOUR RETAINERS

- BRUSH YOUR RETAINERS WITH COLD WATER, TOOTHBRUSH, AND A COLORLESS TOOTHPASTE EVERY DAY.
- ONCE OR TWICE A WEEK YOU SHOULD SOAK YOUR RETAINERS FOR 1 HOUR IN EITHER A CLEAR MOUTHWASH, SUCH AS LISTERINE WHITENING, DENTURE CLEANER, OR A MIX OF 1/2 WHITE VINEGAR AND 1/2 WATER.
- FLOSS THREADERS, PROXY BRUSHES, AND A WATERPIK MAY BE USED TO CLEAN UNDER AND BETWEEN YOUR FIXED (BONDED) RETAINER.

ADJUSTING TO YOUR RETAINERS

- YOU MAY HAVE EXCESS SALIVA AND YOUR SPEECH MAY BE SLIGHTLY AFFECTED FOR THE FIRST FEW DAYS OF WEARING YOUR RETAINERS. DO NOT TAKE THE RETAINERS OUT TO TALK! THE MORE YOU WEAR YOUR RETAINERS, THE QUICKER YOUR SPEECH WILL ADJUST BACK TO NORMAL.

CARING FOR YOUR RETAINERS

- IF YOU GO TO THE BEACH OR THE POOL, TAKE RETAINERS OUT AND LEAVE THEM AT HOME.
- IF YOU PLAY CONTACT SPORTS AND HAVE TO WEAR A MOUTH GUARD, TAKE RETAINERS OUT, BUT ALWAYS PUT THEM IN THE CASE.
- IF YOU DROP RETAINERS ON THE GROUND DO NOT PUT THEM IN HOT OR BOILING WATER.
- YOU MAY NOT DRINK HOT LIQUIDS WITH RETAINERS IN YOUR MOUTH: I.E. COFFEE, TEA, SOUP, OR HOT CHOCOLATE.
- KEEP RETAINERS AWAY FROM DOGS AND CATS. PETS HAVE BEEN KNOWN TO CHEW THROUGH RETAINER CASES.
- IF YOU FEEL A ROUGH EDGE IN YOUR CLEAR RETAINER, YOU MAY USE A NAIL FILE TO SMOOTH IT DOWN.
- BRING RETAINERS TO ALL RETAINER CHECK APPOINTMENTS, SO THAT THEY CAN BE ADJUSTED IF NEEDED.

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