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Instructions for Wearing Retainers

Congratulations your braces are off!!!

So you're finished with your orthodontic treatment, right? NOT QUITE.....

Together we have worked hard to move your teeth and give you a beautiful smile. Now we must maintain that great smile by using a retainer. The retainer keeps your teeth from moving to their old position. Your job is to wear the retainer correctly. Here is how to keep you new smile looking great!

Compliance. It is important to wear as instructed. Typically this would comprise of:

- ❖ Full times wear for 6 months. They would be removed for cleaning and eating only. They can be worn for sports unless you have a custom mouth guard which should be used instead.
- ❖ Night time wear indefinitely. If you want to maintain the position of your teeth, this is necessary.
- ❖ If at some point your retainer feels tighter than usual when you put it in the next day, this means your teeth are trying to move, so you will need to wear the retainer more during the day.
- ❖ The initial plastic taste will go after a few days.
- ❖ Your speech may sound different for the first few days so keep talking, read out loud, and sing to the radio. The more you talk, the more quickly you will be able to speak clearly with your retainer.

Care and maintenance

- ❖ Clean retainer with cold water and a soft tooth brush. It is best not to use toothpaste as the retainers will become scratched.
- ❖ If there is a bad odor they can be soaked in Listerine mouth wash (30 minutes) or "Retainer Brite" cleaner. Denture Cleaners or bleach should not be used.
- ❖ When not being worn please keep safe in the retainer container that is supplied

Do's & Don'ts

- ❖ Keep away from heat—such as hot water, direct sunlight, radiators – they will distort.
- ❖ Retainers can melt! If a liquid is too hot to drink, it is too hot for your retainer. Putting your retainer in the microwave, boiling water, or a hot car will cause it to melt and will ruin it.
- ❖ Avoid soaking your retainer in strong solutions such as bleach or 409. These chemicals will distort its shape.
- ❖ Do not chew gum, taffy, or anything sticky while wearing your retainer.
- ❖ It is important that the retainer keep its shape so your teeth will stay in their correct position. Be gentle when removing and replacing it. Avoid flipping it in and out with your tongue. The shape will become distorted and your teeth will move. Replace and remove the retainer exactly as instructed.
- ❖ Retainers often break in pockets. Children and pets love retainers. Never wrap your retainer in a napkin. It may get thrown out and you don't want to scavenge through the garbage
- ❖ Please call us immediately if you have lost or broken your retainer so we can replace it before your teeth move. There will an additional charge of \$95 for a retainer to be replaced.
- ❖ Bring retainers to all review appointments.