

Retainer Instructions

Congratulations on getting your braces removed! You are now entering the next phase of Orthodontic treatment, RETENTION! Your Orthodontic treatment was a big investment and you have worked very hard to achieve a beautiful smile so it's up to you to keep it that way! It is now your responsibility to wear your retainers as instructed so you will have a beautiful straight smile for a lifetime!

Wear your retainers for the first 3 days full time, only taking them out to eat and to brush your teeth. After 3 days you can wear them just at night while sleeping (at least 8-10 hours). If the retainers ever feel tight when putting them on, you need to increase your wear time to maintain proper alignment (wear a few more hours during the day or as much as needed).

It is very important to brush your retainers every **MORNING** after you take them out. This will help prevent the buildup of bacteria on your retainers. Rinsing them off is not sufficient; they need to be brushed with **COLD** water and toothpaste. Please note that whitening toothpaste will cause the retainer to become cloudy over time but it does not weaken or harm the retainer in any way. Take care when brushing the retainer not to flex or bend them as this will cause them to crack.

Do not ever wrap your retainers in a napkin or place them in your pocket after removal for any reason. Your retainers should always be placed in the retainer case provided to prevent accidental loss or breakage. Keep retainers away from pets because they will chew them. Retainers are **COSTLY** to replace so please take care of them.

Please bring your retainers to all of your future appointments with us. If you lose, break, or crack a retainer please call us immediately. Teeth can move and shift at anytime in our lives, and if you do not have a proper fitting retainer this is more likely to happen.

Should you need any dental work done during your time in retainers (filling, veneers, crown, esthetic bonding) please let us know because there is a good chance the retainer will not fit afterwards. We can coordinate the appointments with your dentist so we can see you on the same day, as your dental work is completed, to make sure retainers are still fitting properly, or get you a new set of retainers.

If you have plans to whiten your teeth please let us know. It is not advisable to do so immediately following the removal of your braces because the gums are generally puffy and cover part of the tooth structure that would need to be whitened. We will advise you as to when to start the whitening process.

CONGRATULATIONS!

