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## INSTRUCTIONS FOR RETAINERS

**CONGRATULATIONS!** You have come a long way with your orthodontic treatment! As the final stage, you've received your retainers. As we talked about before your treatment, you'll need to wear the retainers as long as you want to hold your teeth where they are. Below are instructions on "wear and care" of your retainers.

### What TO DO:

1. Wear your retainers at night time, meaning 12 hours a day. For example, start wearing them around 6:00 pm if you wake up at 6:00 am.
2. Make sure that your teeth are clean before inserting your retainers. Food trapped under the retainers can cause cavity, irritation, or infection of the gum, as well as foul odor.
3. Brush your retainers with a toothbrush under cold running water. Toothpaste can make the retainers become cloudy and brittle, so try to avoid its use.
4. Always keep the retainers in the case.
5. Keep retainers away from pets (dogs especially) as they love to chew on them!
6. You can soak them in a commercial denture cleaner for 15 to 20 minutes. Or you can use a cup of water with a teaspoon of Clorox to remove minor stain and smell.

### What NOT TO DO:

1. Don't eat or drink with your retainers in the mouth.
2. Don't put your retainers in hot water or out in the sun. Heat will cause your retainers to warp, and they may not fit your teeth any more.
3. Don't break your retainers. Over time, retainers can get old, and new ones need to be made periodically. However, with proper care, you can help them last for a long time before you need new ones.
4. Don't lose your retainers. Wrapping them in paper towels or napkins will likely cause them to be thrown in the trash.

We'll check your teeth and retainers for one year to make sure everything is going okay. Bring your retainers with you so we can check that they still fit well. If you should break or lose a retainer, call our office as soon as possible so we can schedule you to come back in and make you a new one before your teeth start shifting.