

Retainer Care Guide

RETAINER CARE

Congratulations on completing your orthodontic treatment! In order to permanently retain your new smile, it is essential that you wear your retainers as prescribed. Use the following guidelines to properly care for you retainers:

REMOVING YOUR RETAINERS

- Take your retainers out every time you eat, brush your teeth, go swimming, or play sports that require a mouthguard.
- Remove your retainers when drinking sugary or acidic beverages; keeping the retainers in will trap the liquid, which could cause enamel decalcification.
- Every time you remove your retainers, store them in the case that was provided to you. Do NOT put your retainers in a napkin or on a lunch tray - they will likely get thrown away!
- Make sure your retainers are kept away from areas that become hot, such as microwaves, washers and dryers, stoves, car dashboards, and dishwashers.
- Keep your retainers away from pets as well, including cats and dogs. Pets like the smell of the saliva and will chew on them if they can.

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CLEANING YOUR RETAINERS

After brushing your teeth, apply a small bead (smaller than the size of a pea) of antibacterial dish soap on your retainer, and gently but thoroughly clean your retainers before putting them back in. Clean your retainers on monthly basis by using one of the following methods:

- **Retainer Brite Cleaning Tablets:** These can be found at retainerbrite.com.
- **Equal Parts Water and White Vinegar:** Soak your retainers in this mixture for 20-30 minutes, then rinse well before putting them back in your mouth. Do not use boiling water.

BONDED RETAINER GUIDELINES

- Spend more time and effort brushing around your bonded retainer.
- Your retainer has been attached to your teeth with a strong and durable adhesive. However, eating hard or chewy foods may break the bonded retainer off your teeth. Be careful when eating as you did when you had braces on your teeth.
- Keep your regular cleaning appointments with your family dentist.
- Be sure to inspect the tightness of your retainer. It is possible that one or more of the glue pads that attach the wire to your teeth can debond and become loose. If you notice any shifting of the teeth that are bonded to your retainer, please call our office for an appointment for us to check the bonded retainer.

RETAINER APPOINTMENTS

Please be sure to keep your 3D models of your teeth and bring the models and retainers with you to every appointment.

If you break or lose your retainer, give us a call right away - you don't want to give your teeth a chance to move!

Lost or broken retainers can be replaced for \$85.00 - \$350.00

Please wear them as follows:

Upper Removable – Fulltime – Nighttime Only

Lower Removable – Fulltime – Nighttime Only

