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WEAR AND CARE OF YOUR RETAINERS....

Congratulations!!! You have made it through treatment and now you have a beautiful smile. In order to keep your great smile, you must wear your retainer or else your teeth will move back. You will need to follow these directions to take care of your retainers and your brand new smile.

WEAR

- Wear your retainer FULL TIME (Day and Night) for 6 months then wear them at night only forever.
- If you miss a night of retainer wear put them in all day the next day.
- At your retainer appointments the Doctor will tell you if she wants you to wear your retainers differently.
- You should wear your retainers as long as you want your teeth to stay straight. As we all get older our teeth will tend to shift. Wearing your retainer, indefinitely, is the only way to guarantee that your smile stays beautiful.

CARE

- You may remove your retainers while eating and brushing but you **must** replace them as soon as you are finished. Brushing the retainers removes the plaque, and eliminates odors. Effferdent or other orthodontic appliance cleaners can be used, but do not take the place of brushing.
- Do not use mouthwash or any alcohol based products to soak retainers. This makes them brittle and they will not last as long.
- Keep retainers clean by scrubbing them with your toothbrush. Do not use toothpaste as this can scratch them; never rinse with hot water or place them in the dishwasher. Make sure to clean retainers before storing them in your case.
- **If your retainer is lost or broken, please call immediately: (386) 428-2958.** Again, if you do not wear your retainers your teeth will move quickly; in less than a few days.
- Replacement retainers cost \$150.00 - \$300.00 each... so take care of them.
- Never wrap your retainers in paper towel or napkins; they will get thrown away. Keep retainers away from hot water, hot car dashboards, pockets, the washing machine and dryer and napkins.
- Be careful, dogs like retainers too! They smell saliva and think it is a chew toy. Even if it is in the retainer case.
- If you take care of them, your retainers should last a few years.

SPLINTED RETAINERS

- You may brush your splinted teeth the same way you brush your non-splinted teeth. Make sure to floss your teeth at least once per day. You have received instructions on how to use floss threaders to make flossing around your splint quick and easy.
- If you have been given a removable retainer in addition to your splinted retainer, please wear as directed.
- Check your splint daily for any loose bonds. If you notice a loose bond, wear your removable retainer (if one was given) and call the office.

ALWAYS BRING YOUR RETAINERS TO YOUR APPOINTMENTS.