BANKHEAD & FIRTH
ORTHODONTICS

Clear Retainers

Your retainers are a very important part of treatment. Please use them as instructed to hold your beautiful new smile in place. Without retainers, your teeth will shift toward their pre-treatment positions.

Wear Instructions:

Your retainer should be worn full-time after you get your braces off. However, you can take your retainer out to eat and brush. We will let you know when part-time wear will begin. Wear your retainers exactly the way you are instructed or your teeth will shift. Continue to do this as long as you want your teeth to stay perfectly straight. We will never recommend a patient completely stop wearing retainers.

Please remember to bring your retainers to every visit!

Care Instructions:

- Always remove your retainer before eating.
- If your retainer is not in your mouth, it should be in a retainer case. If you lose or break your retainer, there will be a fee for a replacement.
- Brush your retainer with your toothbrush, toothpaste, and cold water whenever you brush your teeth.
- You may use a “denture cleaner” (Efferdent, Polident) or retainer cleaner (Retainer Brite) to help clean retainers. After soaking for 15-20 minutes, remove and brush under room temperature water with a toothbrush.
- Do not wrap your retainer in a napkin, because it may be thrown away (remember to use your case).
- Keep your retainer away from pets because they love to eat them!
- With clear retainers, do not put them in water hotter than your own hand can handle, this can cause issues with the mold. Avoid leaving them in sunlight (they may warp), and do not boil them.
- Only drink water when your retainers are in. Do not drink any hot drinks with your retainers in or it will warp the plastic.
- If your retainer is lost or broken – call us immediately. Teeth can shift quickly, so we need to make you a new retainer as soon as possible.
- Any fillings, crowns, or bridges will alter the tooth shape/size and the retainers may not fit. Take retainers with you to dental appointments for them to check. If we have to replace retainers due to unplanned dental work there is a fee.
- Essix retainers are medical-grade plastic yet they can break if not cared for. Be very careful when placing and removing them.

John R. Firth, DDS, MS | Kevin C. Kaiser, DDS, MS | Justin M. Firth, DMD, MS
Oakville, MO ● Sunset Hills, MO ● Eureka, MO ● Columbia, IL
www.bankheadandfirthortho.com MO: (314) 843-5553 IL: (618) 939-7979