



Retainer Care and Wear Instructions

Protect your new smile with consistent wear and proper care

Why your retainer matters Teeth naturally try to shift after orthodontic treatment. Wearing your retainer as directed is the best way to keep your teeth in their corrected positions and protect the time and investment you made in your smile.

Wear Instructions

- **Follow your orthodontist's schedule.** Retainers are usually worn full time for the first 3 to 5 months, followed by nighttime wear. Your instructions may be different based on your individual treatment.
- **Remove it only when needed.** Take your retainer out when eating, drinking anything other than water, brushing your teeth, or playing contact sports.
- **Wear it consistently.** Do not stop wearing your retainer unless your orthodontist tells you to. Skipping wear can allow teeth to shift and may cause the retainer to feel tight or stop fitting.

Cleaning and Storage

- **Clean it every day.** Use a soft toothbrush with mild liquid soap or a cleaner made specifically for retainers.
- **Do not use toothpaste.** Toothpaste can be abrasive and may scratch or cloud the retainer.
- **Use cool or lukewarm water only.** Hot water, dishwashers, and heat can warp the plastic and change the fit.
- **Always use the case.** Place the retainer in its case whenever it is not in your mouth. Never wrap it in a tissue or napkin because it can easily be thrown away.
- **Keep it away from pets.** Dogs and other pets are often attracted to retainers and may chew or damage them.

When to Contact Our Office

- **The retainer feels tight.** Wear it more consistently. If it remains uncomfortable, does not fit fully, or causes pain, contact us for guidance.
- **The retainer is cracked, warped, damaged, or lost.** Contact us immediately. Delaying replacement can allow your teeth to move.
- **You have a follow-up appointment.** Bring your retainer to every retainer check so we can evaluate its fit and condition.

Remember: Your retainer is a lifetime commitment to maintaining your smile.

Questions or concerns? Contact Discover Orthodontics at 281-463-1010 | www.DiscoverOrthoNow.com