RETAINER INSTRUCTIONS

Congratulations on your newly straightened smile! Now begins the important retention phase of your treatment. Retainers are designed to hold your teeth in place as the bone becomes solid around the roots. Not wearing your retainers enough, especially during the first six months, will allow your teeth to drift back toward their original position. Always bring your retainers to your appointments and call us immediately if they are lost or broken.

General retainer wear instructions:

- Place retainers in with two hands and gently push them into place. DO NOT BITE THEM INTO PLACE. To remove, place your finger underneath the edge in the back and walk your finger forward gently pushing away from your gums. DO NOT PUSH DOWN OR UP ON ONE SIDE OF RETAINER AND FORCE IT OUT. This could cause the retainer to crack.
- **First week**: 24/7 except for eating and brushing. This is something new to you, so it is normal for them to feel weird. During the first couple of days, you will make extra saliva and your speech may be altered. After that, you will get used to having them in your mouth and soon they will feel normal.
- **For the next 6 months**: Wear 12-15 hours/day but NEVER LESS THAN 12 hours/day. Wearing them for less time during the first six months can allow your teeth to drift.
- ***After the first 6 months: sleeping hours for as long as you want to keep your teeth straight***.

General care and cleaning instructions:

- Every time you remove them, brush the inside and outside of your retainers with a toothbrush using cool water. DO NOT USE TOOTHPASTE as it will scratch up the surface, but you can use liquid soap. DO NOT SOAK IN MOUTHWASH as it will cause discoloration, but you can periodically use a soak made for retainers.
- Whenever you are not wearing your retainers, they should be in your case. NEVER WRAP THEM IN A TISSUE, PAPER TOWEL OR NAPKIN
- Keep them away from your pets. They love to chew retainers!

If you forget to wear your retainers for a few nights and then put them in, they may feel tight. As long as the retainer fits on your teeth, and you wear it again it will push your teeth back into place. Your teeth will likely feel a bit sore when this is happening but is to be expected when teeth are being moved. If your retainer doesn't fit properly, call the office for an appointment and don't forget to bring your retainers with you.

THERE WILL BE A CHARGE TO REPLACE BROKEN OR LOST RETAINERS AND 3D MODELS

ONE YEAR OF RETAINER VISITS ARE INCLUDED WITH YOUR TREATMENT