



MORRISTOWN
BRACES

PATIENT CARE · GUIDE 03

Retainer Care Guide

Protect the smile you worked for — for life.

VISIT

2 Morris Ave
Morristown, NJ 07960

HOURS

Mon–Fri · 9AM–6PM
Sat · 10AM–4PM

CONTACT

(973) 998-6266
morristownbraces.com



URGENT · NOT OPTIONAL

Teeth shift at any age — even after orthodontic treatment. Wearing your retainer as directed is the only way to keep your results. This is not optional.

01 · HOW LONG TO WEAR

How long to wear your retainer.

FIRST 2–3 MONTHS

- Wear full-time — 20–22 hours per day
- Remove only for eating and brushing
- Most critical period — bone is still stabilizing

AFTER THE FIRST 2–3 MONTHS

- Wear every night while you sleep
- For the rest of your life — not just a few years
- Missing nights lets teeth drift. Get back on track immediately.

02 · CLEANING

Cleaning your retainer.

CLEAR ESSIX

Most common

Brush gently with soft brush and mild, clear soap. Rinse cool water — never hot. Never toothpaste (abrasive, will cloud). Weekly: denture cleaner, 15 min.

HAWLEY

Wire & acrylic

Brush all surfaces including the wire with soft brush and mild soap. Rinse cool water. Weekly: denture cleaner, 15 min.

FIXED / BONDED

Wire behind front teeth

Floss daily with threaders or water flosser. Brush along the wire carefully. Run your tongue across it — call us if it feels loose or detached.

03 · STORAGE

Always in the case.

Removable retainers belong in their case whenever they are not in your mouth.

NAPKIN

Wrapped in a napkin → thrown out with it.

TRAY OR NIGHTSTAND

Lost, or chewed by pets.

POCKET OR BAG

Unwrapped → crushed or cracked.

HOT CAR

Plastic warps permanently.

MOUTHWASH SOAK

Alcohol degrades the material over time.

ALWAYS

In the case, in a known spot — every time.

04 · IF LOST, BROKEN, OR DOESN'T FIT

Call us as soon as possible.

Call (973) 998-6266. Don't wait — the longer you go without a retainer, the more your teeth can shift.

LOST OR BROKEN

We'll schedule a scan and have a replacement made, typically within 1 week.

NO LONGER FITS

If your retainer doesn't seat properly, your teeth have shifted. We'll assess whether a new retainer is sufficient or whether minor retreatment is needed.

03

We make replacement retainers for anyone.

Even if you were not treated here. No records from your previous orthodontist are required. Call **973 998 6266** to schedule.



POSITIVE · OPEN TO EVERYONE

Morristown Braces welcomes retainer-only patients. Same-week scans available in most cases.