










## REMOVABLE RETAINER INSTRUCTIONS

*The active phase of your orthodontic treatment is coming to an end and you have been given a retainer to wear. Your retainer is an essential part of your treatment, as it helps to maintain your teeth in their new position.*

-  Wear your retainer as instructed. For full-time wear, your retainer should be worn 24 hr/day and removed only for eating and brushing/flossing. For night-time wear, your retainer should be worn 10 hr/day at night and while sleeping.
-  Do not eat or drink anything other than water while wearing your retainer.
-  Brush your retainer daily - at the same time you brush your teeth. Use cool water and a toothbrush (no toothpaste) to clean it. Never put your retainer in hot or boiling water. You can occasionally clean your retainer in a denture cleaner or rinse it with mouthwash to freshen it up.
-  When the retainer is out, place it in the case and leave it in a safe place. Never wrap your retainer in a napkin or tissue, leave it around pets, put it in your pocket, or leave it in a hot car.
-  It may take a few days for you to adjust to the feel of your new retainer. After this period, report any soreness, improper fit, breakage, etc. as soon as possible so we can schedule an adjustment visit.
-  If you don't wear your retainer as instructed, your teeth can move back to where they were before treatment. This can occur in a surprisingly short period of time.
-  Bring your retainer with you for all office visits.