

RETAINERS

Your retainer is a removable appliance carefully designed to maintain your teeth in their correct position. It is important that it be worn according to the following instructions:

1. Wear the retainer ***all the time*** other than at meals and when brushing your teeth, swimming, or when playing contact sports.
2. The plastic taste to the appliance will disappear soon, and in two or three days your speech will be completely normal with the appliance in place.
3. Your new retainer may make your teeth sore for a day or two. After an adjustment you may experience soreness. If you have a sore spot after 3-4 days, call the office so that an adjustment can be made.
4. Clean retainer by brushing with toothpaste. You may also soak it in denture/retainer cleaner or mouthwash, if you wish. If you are wearing a lower fixed retainer, be extra careful to brush the wire and the inside of the lower teeth.
5. ***Always bring your retainer to each appointment***
6. Avoid flipping the retainer with your tongue. This can cause damage to your teeth, as well as weaken, bend or break the wires.
7. Never wrap your retainer in a paper napkin or tissue, or leave it on the table. Someone may throw it away. Don't put it in your pocket when playing or you may break or lose it. If your retainer is not in your mouth it should be in your case. If not in your case then in your mouth!
8. If you have a dog or cat, keep it away from them. It smells like a bone to dogs, and they'll love to chew it up.
9. There will be a ***minimum charge of \$175.00*** for a replacement retainer if lost, broken or does not fit due to inconsistent wear.

****We will let you know when you can reduce retainer wear to part time. You must wear your retainers as long as you would like to keep your teeth straight.***