



### **Instructions for Orthodontic Retainer**

1. The retainer plays a big part in keeping your teeth straight. If it is not worn on a consistent basis your teeth can shift. Follow the recommendations by your dentist on how long you should wear your retainer. Most likely you will need to wear it nightly.
2. When you first start wearing the retainer you will notice it has a tight fit. It becomes easier to take in and out with use. If you feel there is an initial plastic taste to it, it will go away in a few days. You may notice that you start to salivate more than usual due to having something new in your mouth at first.
3. To take it out, pull down on the top of the retainer by the gums on the back teeth one side at a time.
4. Do not eat or drink while wearing the retainer.
5. Keep out of reach from pets unless you want them to have a brand new chew toy.
6. When you are not wearing the retainer, keep it in a safe place like the retainer case. It is very easy to lose. Do not wrap it in a napkin or put in a pocket.
7. Clean your retainer with cold water and a toothbrush without toothpaste, which will scratch the retainer. You can soak it in mouthwash not containing alcohol or a product called "Retainer Brite." Do not use bleach or denture cleaners.
8. Keep it away from heat (hot water, direct sunlight, etc.) because it will cause the retainer to warp.
9. If the retainer is lost or damaged, there is a full fee to replace. The retainer may not fit properly after restorative work is done. If that occurs, there will be a discounted fee for a new retainer.
10. If the retainer is not worn for a period of time, it may not fit properly. Do not force it if this happens. Remember to wear the retainer or your teeth will shift.
11. If the retainer causes pain or any problems, please call 264-2483 for an appointment.