

## INSTRUCTIONS FOR YOUR RETAINERS

*Congratulations on finishing your treatment!*

Your Retainers are designed to perform a vital role in your overall orthodontic treatment. Your Retainers are designed to maintain the new position of your teeth. Therefore, it is very important to wear your Retainers as instructed. Otherwise, your treatment results may be compromised.

Your Retainers are to be worn all the time for the first year, including eating and sleeping. Your teeth could shift if your Retainers are left out of your mouth for a period of time such as 24 to 48 hours. Only take your Retainers out for sports that require a mouth guard or for swimming anywhere other than a pool. You should learn to eat with your Retainers in so that you don't run the risk of losing them. Always store them in your case if you choose not to wear Retainers while eating. Take your Retainers out and gently brush them in the palm of your hand with your toothbrush and toothpaste when you wake up in the morning and after meals. If you are unable to brush them, rinse them well and rinse your mouth. Do not soak your Retainers in mouthwash, boiling water, or household cleaners. You can give them a deep cleaning by soaking them in a denture cleaner once in a while.

**Never wrap your Retainers in a napkin.** You or someone else may mistake them for trash and throw them away.

**Never put your Retainers in your pocket** unless they are in your Retainer case.

**Keep your Retainers away from pets, especially dogs.** Dogs like the smell of the saliva on your Retainers and if you leave them out around your dog it will chew them into pieces!

Be sure not to play with your Retainers. Pulling or flicking your Retainers in and out of your mouth with your tongue will put stress on them and could cause them to break. Always use your fingers when you are removing your Retainers.

Call the office right away if you lose, bend, or break your Retainers. We will do what we can to adjust your Retainers. If your Retainer cannot be adjusted or you have broken your Retainer, the fee to repair it is \$240.00 each. Please remember to bring in any broken pieces in order to qualify for the repair fee. If you lose your retainer, the replacement fee is \$345.00 each.

Your Retainers will not break with normal wear and care. These Retainers will last as long as you need them with the proper care.

Remember to always wear your Retainers and bring them to each of your visits for any necessary adjustments. Don't hesitate to give us a call if you ever have any problems with your Retainers.

**LIFE IS BETTER WITH A SMILE**

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