



Retainer Instructions

Congratulations, you are out of braces and your teeth look great. However the journey is not quite complete because now we need to keep your teeth in the right position. Your teeth continue to move throughout your lifetime and wearing your retainer can prevent your teeth from becoming crooked or crowded again. It is important that you:

- **Retainer wear:** Wear your retainers as directed by your orthodontist [Usually full time (24/7) for the first 3-6 months, 12-18 hours/day for the next 3-6 months, and at night thereafter]. There is never a time to stop wearing your retainer, rather the time to wear it decreases over time
- **Retainer care:** When not wearing your retainer, please put it in your retainer case. Please do not wrap it in a napkin because it may be accidentally thrown away. Store your retainer in a cool place, away from direct heat. Keep your retainer away from pets; it could turn into an expensive chew toy!
- **Retainer cleaning:** Rinse your retainer with water when you take it out of your mouth. Brush your retainers when you brush your teeth with your toothbrush and toothpaste at least twice (2X) daily. Denture cleaning tablets/paste (Efferdent) may used periodically to aid in cleaning your retainers, but please DO NOT clean your retainers with alcohol or boiling water.
- **Fixed (bonded) retainers:** Fixed retainers utilize a metal wire and dental adhesives to hold teeth in a certain position. Although the wire is a strong metal, the adhesive is much weaker and care must be taken not to fracture/break it. Hard, crunchy and sticky items should be avoided in the bonded retainer area, but if desired can be enjoyed elsewhere. Brushing and flossing your teeth and the retainer are important to avoid calculus/plaque build up and other dental concerns. You should brush/floss at least twice a day for more than 2 minutes each time.
- **Retainer emergencies:** Call your orthodontist as soon as possible if any of the following occurs:
 - You lose your retainer
 - Your retainer breaks, causes you pain or discomfort, or doesn't fit right
- **Retainer fees:** If you lose your retainer, another retainer must be fabricated to hold your teeth in the right position. For similar reasons, if you lose/break the adhesive on your fixed retainer, more adhesive may be needed for stability.

Again, we congratulate you and hope you enjoy your new smile!

Retainers delivered: ___Upper ___Lower ___Upper & lower

Patient

Parent

Clinical Assistant

____/____/____
Date