



Retainer Instructions

Congratulations, your braces are off!

Proper wear and care of your retainers is essential to keep your smile looking beautiful.

- Retainers should be worn full time (including eating and sleeping)
- Remove retainers for brushing morning and night (brush the retainer with a toothbrush and toothpaste)
- Speech will return to normal within a few days of wearing
- Do not eat anything sticky or chewy with the retainers in
- Don't flip the retainers out with your tongue, always use your fingers
- Keep away from pets, dogs will eat them
- Keep out of heat, do not leave in a hot car and do not wash in the dishwasher
- Do not remove them at a restaurant or put in a napkin, they will get thrown away
- If you have a sore spot, call us for an appointment
- If you see a build up, you can soak them in white distilled vinegar for 10 minutes, not more than once a week (brush them after)
- If the retainer is lost or broken, there will be a replacement or repair charge

**** Bring your retainers to every appointment ****