

# RETAINER INSTRUCTIONS

- The retainers need to be worn a minimum of 16 hours per day for the first 12 months following appliance removal. Thereafter, we recommend that you wear your retainer every night while sleeping. “Invisible” or transparent retainers should not be worn while eating or drinking hot liquids.
- When inserting your retainers, always seat them in your mouth using finger pressure. Never bite them into place.
- The retainers should be brushed carefully using mouth wash or soap and water. Occasionally soak your retainer in denture cleaner or vinegar and cool water. Do not use tooth paste to clean your retainers.
- Never place your retainers in hot water, do not leave in a hot car, out in the sun, or near a hot surface. They will change shape and then will not fit.
- Avoid flipping or playing with the appliance with your tongue.
- Do not wear your retainers while participating in sporting activities.
- No chewing gum — it sticks to the plastic.
- When the retainers are removed, they should be placed in its case. Do not set them on a plate, wrap them in a napkin, or put them in your pocket as they could be thrown away, broken, or lost.
- Be sure to keep retainers away from pets as they are known to eat these appliances.
- Remember: bring your retainers to follow-up appointments for adjustments.
- As long as you live changes in tooth alignment will continue to occur. Proper retainer wear will limit these changes. Discontinuing retainer wear often results in disappointing changes.

It is your responsibility to wear the appliance, keep it clean, and in a safe place. If the retainer becomes lost or broken, please notify our office so a replacement can be made quickly. In the event your appliance is lost or broken, you will be charged for the cost of replacing it. -

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