

Instructions For Your Retainer

The retainer is a removable appliance carefully designed to maintain your new smile. It is important that it be worn according to instructions.

- ☺ Wear the retainer(s) at all times, including sleeping hours, unless you have been instructed otherwise. Retainers may be removed during meals, but this is an easy time to lose your retainer, so be careful.
- ☺ Never wrap your retainer in a napkin or tissue and lay it on the table. Someone may throw it away.
- ☺ Don't put it in your pocket, you may break or lose it.
- ☺ The plastic taste to the new appliance will disappear, and in 2-3 days your speech will be completely normal with the appliance in place.
- ☺ Your new retainer may take your teeth sore for a day or two. You may experience soreness after an adjustment. If you have a localized sore spot for 3-4 days, please call the office so an adjustment can be made.
- ☺ Clean the retainer by using a tooth brush WITHOUT using tooth paste. Toothpaste leaves a cloudy film. You may also soak the retainer in mouth wash to denture cleaner once a week. If you are wearing a fixed lower retainer, be extra careful to brush the wire and the inside of the lower teeth. Remember, these lower teeth need to be flossed daily.
- ☺ Keep away from your pets, they love them.
- ☺ Always bring your retainer(s) to each appointment.
- ☺ Avoid flipping your retainer with you tongue. This can cause damage to your teeth or break your retainer.

**If your retainer requires replacement due to improper adherence to the above guidelines, or otherwise, please note that replacement fees start at a minimum of \$165, upwards to \$300 or more. All fees are subject to change at anytime in accordance with increasing lab expenses.