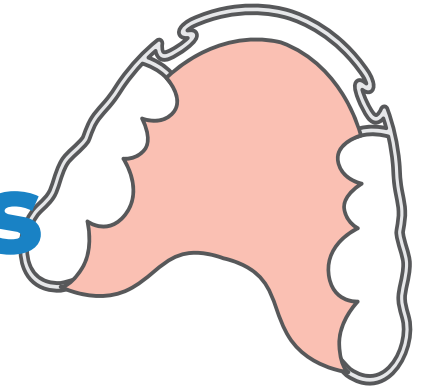




Retainer Instructions



CONGRATULATIONS! Now that you are in retainers, treatment is in your hands! Wearing your retainer and keeping your smile is a full time job. Retainers are to be worn full time 24/7, they can be removed while brushing, eating and during sports. In time, you may be able to switch to only night time wear if instructed by your Orthodontist. You want to treat your retainer like you would your cell phone, always have it on you and always keep it in its case. Materials used in fabrication of your retainer are of the highest quality available. The most durable acrylic along with stainless steel wires are used to make your retainer. The Acrylic used is porous and needs to be kept clean by a toothbrush and denture cleaner.

Basic Rules and Care

- Your retainer is handmade and custom designed for **YOU**, the strange taste will go away after a few days.
- Rinse and clean your retainer with cold water, **NEVER HOT**; brushing with a toothbrush and toothpaste is ok.
- Do not soak them in any solution for extended periods of time.
- Remember the safest place for your retainer is **IN YOUR MOUTH**

***Losing or breaking your retainer will be costly: replacement retainer fee is \$300/ARCH and a repair can range from \$175-\$240. Be sure to always store the retainer in its case.**

Call our office immediately if you lose or break your retainer. Replacing in a timely manner will help prevent any shifting of your teeth. Dogs and other pets love retainers, make sure your retainer is safely out of their reach. Never leave your retainer in the sun, like in a parked car. Excessive heat will warp and distort your retainer. When not wearing it, **always keep your retainer in its case and safely stored; never wrap in napkins or tissue as it may be thrown away.**

Always take your retainer out before eating anything or chewing gum.

While participating in contact sports (i.e. Baseball, Football, Soccer, etc) we recommend leaving your retainer out. Your retainer case is your best defense when you're not wearing your retainer.

I acknowledge that I have been given a copy of the Retainer Instructions handout. I have also been shown how to place and remove my retainer. I am clear on the verbal instructions which I have been given.

Patient/Parent Signature: _____ Date: _____

