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RETAINER INSTRUCTIONS

WHEN TO WEAR

Your retainer is removable but you should wear it all the time (all day and all night) for two years. After two years, you may go to nighttime wear for the rest of your life.

WHEN NOT TO WEAR

The only times you should remove them are:

1. when cleaning.
2. during heavy contact sports or when there is a danger that you might swallow it (Examples: football, swimming).
3. when eating.

THREE RULES IF YOU MUST TAKE IT OUT

1. Do not wrap it in a napkin – it will get thrown away.
2. Do not put it in your pocket – it is sure to get broken.
3. Do not leave it out – dogs think they are delicious.

CLEANING

After eating and before bed, brush your teeth and brush your retainers. Once a week soak them for twenty minutes in a sterilizing solution made up of 6 oz. water, 1 tsp. Chlorox, and 2 tsp. Calgon (SPA BATH). After soaking, rinse retainers with water and then mouthwash.

RETAINERS ARE EXPENSIVE

Each retainer is custom made for each patient. The first set is included in the treatment fee but if these are lost or broken, a charge is made to replace them. (It also requires two extra appointments.) One year of retainer supervision is included in your original fee. Any visits thereafter will include a charge for an office call.

THE SAFEST PLACE IS IN YOUR MOUTH!