



Retainer Instructions:

Congratulations on getting your braces off!

You are now into the final, but very important phase of your treatment - Retention.

Wearing your retainers well will ensure that your teeth do not shift and you keep your beautiful smile.

Retainer schedule:

Unless otherwise instructed by your orthodontist, the following schedule for retainer wear should be followed:

- For first 6-9 months: use 24 hrs/day except while brushing, eating and swimming
- Then, till age 20 (or next 4 months for adults): use every night
- Then, use 2 nights/week for the rest of your life

General instructions:

- Initially, your speech may be affected and your mouth may water a lot. This will return to normal within 2-3 days.
- To clean retainers, brush them 2-3 times a day when you brush your teeth, and rinse with tap water (not too hot or too cold). Do not place retainers in boiling water or the dishwasher! Occasionally, if you notice a build up on your retainers, use retainer/denture cleaning solutions.
- Whenever you take your retainers out, place them in the case provided.
 - Never put them in your pocket, they can break or distort.
 - Never wrap them in a napkin, they will get thrown away.
 - Never leave them out, little kids think they are interesting toys and dogs love to chew on them.
- Do not flip the retainers in and out with your tongue, they will break, loosen or distort and stop fitting.
- If your retainers are lost, broken, or not fitting well, please call the office immediately. Teeth can start shifting very fast without good retainers.

Remember, your retainers are very important to maintain the new positions of your teeth, so wear them well and keep them safe. Good luck!