

## Retainer Care & Instructions

- ★ Please wear retainers faithfully, otherwise teeth will shift
- ★ Remove retainers using the back clasps not the front wire
- ★ Brush retainers everyday with slightly warm water. You may soak retainers in a denture cleaner (ex. Efferdent) 2 times per week
- ★ DO NOT place retainers in hot water or in a warm place
- ★ DO NOT WRAP retainer in a paper napkin or place on lunch tray
- ★ Keep retainers away from pets
- ★ Keep retainers in retainer case when not in the mouth
- ★ Call us as soon as possible if you lose or break your retainers

## Schedule of Wear

First year: All day and all night (except for meals & brushing)

Second year and beyond: Night only for a lifetime

## What you can Expect

- ★ Swallowing and talking may seem awkward at first. For a few days your mouth may be sore, but the more you wear the retainers, the sooner you'll get used to them. **GOOD LUCK!**