



Retainer Care and Instructions

RETAINER GUIDE

- To properly seat your retainers, place them firmly in your mouth **with your fingers**.
- For your retainer to work properly, retainers must remain snug against your teeth for a minimum of 22 hours per day.
- Full Time Wear For the first 16 weeks, the only time to be taken out is for eating, drinking anything besides water and brushing.
- Your teeth will relapse and move if retainers are not worn for the appropriate time.
- Your next appointment is to check the stability of your teeth, check your retainers, and to adjust/reduce wearing time, always bring your retainers to your appointments so the Doctor can check the fit.





RETAINER CARE AND CAUTIONS

- Keep your retainer clean and odor free by thoroughly brushing inside and outside with a small amount of dish soap and **COOL** water. **[DO NOT USE TOOTHPAST]**
- Retainer should be always as clear as possible. If your clear aligners are cloudy, this is an indication of plaque accumulation, which can be damaging to teeth leading to decalcification and cavities.
- If a retainer is lost, broken or feels different, promptly call our office during business hours. Never try to adjust a retainer.
- Vacations and summer camps will change your routine. These are high-risk periods for losing or not wearing retainers.
- When not wearing or cleaning your retainers, they should be in the retainer case with your name and phone number.
- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher or on the dashboard of a car.
- Plastic retainers can be damaged by soaking them in mouthwash.
- Keep retainers beyond the reach of pets and young children. Dogs and cats like to chew on retainers.
- Retainers can be broken if placed in a pocket or backpack.
- Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on a food tray.
- Like contact lenses, eyeglasses and other personal items, retainers can wear out over time. Replacing a worn-out retainer is a wise investment in protecting your smile and the long-term stability of your teeth.
- Retainers can cost \$300-600 to replace, so please be careful not to lose or break it.



ORLAND PARK ORTHODONTICS
Exceptional care & Excellent results



Thank you for being the most important part of our practice.
Almost half of our patients are sent to us by former patients.
We deeply appreciate your confidence
in recommending us to your friends and family.