



REMOVABLE RETAINERS

Please bring your retainer to ALL future visits so we can check the fit and adjust it as needed.

Your removable retainer is very important to prevent shifting/ movement of the jaw/teeth after your braces have been removed. If the removable retainer is not worn as instructed, it is possible that your teeth will shift back to their original position.

- Please wear your retainer **every night** (unless otherwise instructed by the doctor).
- If your retainer has wires, always insert and remove your retainer by the back molar clips. If you pull on the front wire it could bend which reduces the retainers effectiveness.
- Clean your retainer daily. You can use your regular tooth brush/ toothpaste to clean. For a deep clean use antibacterial hand/dish soap once a week to clean it. ****Never boil your retainer to disinfect.** The heat will distort the plastic and alter the retainers fit.
- If your retainer is not in your mouth, it should be in its storage case. ****Never wrap your retainer in Kleenex or paper towel** as it may get unintentionally thrown out.
- Keep your retainer away from pets. They like the smell of saliva and will chew on it.
- If your retainer is not fitting correctly, please bring it to our office for adjustment. We do not charge a fee to adjust an existing retainer.
- If you lose or break your retainer please return to our office ASAP for repair or replacement. If you need a repair don't use super glue to repair it. **There will be a fee for repair/replacement depending on the problem.**

