



## Orthodontic Retainer Care

**Congratulations!** You are now in the retention phase. Please follow these instructions to keep your Smile at its best.

Wear your retainers every night for the 1st year. After the 1st year, you will wear them 3 nights a week. We will see you and your retainers for a retainer check after 12 weeks of getting your retainers, then 6 months later.

Brush your retainers daily. Brushing your retainers each time you brush your teeth is a good habit to get into. Rinse them in cold water.

Soak your retainers while brushing and flossing in a denture cleaner. Put denture tablet in a cup of water and give your retainer a good soak. After soaking, be sure to rinse it completely. This solution can be kept for 1 week.

The most common brands of dentures cleaners are Efferdent and Polident.

Keep retainers away from heat. The plastic material that retainers are made from will distort when exposed to extreme heat. Keep your retainers away from the following:

- Extremely hot water- If you can't drink comfortably, your retainer shouldn't be in it.
- Left inside a parked car
- The microwave oven- yes, it happened. Keep the retainer out of the microwave.
- The dishwasher- the water in a dishwasher is just too hot for retainers.
- The washer and dryer- again, this has happened. Take them out of your pocket before laundry gets done.

Keep them away from pets, especially dogs and cats. They love to chew on retainers.

Don't ever put your retainers in your pockets or loose in your purse. They are sure to get broken.

Keep your retainer in the case provided. NEVER wrap your retainer in a tissue or napkin because it will more than likely get thrown away.

Please remember that any lost or broken retainers will result in an additional **replacement fee**.