



RETAINERS

Wear your retainers at all times, 24 hours a day, even while sleeping. Your speech may be affected during the first few days, but will soon return to normal. Remove your retainers to eat and place in the retainer case. After eating, brush your teeth and retainers.

SPECIAL PRECAUTIONS

1. Wait approximately 4 weeks, if possible, before you have a dental cleaning or cosmetic bleaching; your teeth may be sensitive when you first get your braces off.
2. To remove your retainers from your mouth, using both index fingers along the edge of the retainer at the gumline, apply upward (lower retainer) or downward (upper retainer) pressure.
3. Do not flip your retainers with your tongue or chew on them; doing this repeatedly will flatten them.
4. Do not chew gum while wearing your retainers.
5. Do not wrap your retainers in a napkin or paper towel; always keep them in your retainer case when they are not in your mouth.
6. Keep your retainers away from pets! Your retainers will pick up your scent and your pets will use them as a chew toy.
7. Soak your retainers in your sonic cleaner at least once a week for 15 minutes using a denture cleanser, such as Efferdent.
8. Remember to bring your retainers to every appointment.
9. When you get your retainer if you feel a small rough spot on any edge of your retainer, you may use an emery board to smooth the spot. This is done by lightly rubbing the spot with a back and forth motion 3-4 times. If it requires more than 3-4 swipes, it needs to be adjusted by our staff. Please call for an appointment.
9. Always wear your retainers as directed.

THERE WILL BE A CHARGE TO REPLACE OR REPAIR LOST OR DAMAGED RETAINERS. IF YOU ARE HAVING YOUR WISDOM TEETH REMOVED, CONTINUE WITH YOUR REGULAR RETAINER SCHEDULE THE DAY AFTER SURGERY. IF YOU HAVE ANY DENTAL WORK DONE (IE: CROWNS, IMPLANTS) YOUR RETAINER WILL NOT FIT; PLEASE CALL OUR OFFICE IN ORDER TO SCHEDULE AN APPOINTMENT FOR A NEW IMPRESSION. SERVICES WILL BE RENDERED AT OUR USUAL FEE.

If you have any questions or concerns, please call our office at (478)953-2700.