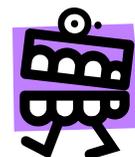


RETAINERS



Wear your retainers at all times, 24 hours a day, especially while sleeping. Your speech may be affected during the first few days, but will soon return to normal. Remove your retainers to eat and **always** 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 will be sensitive when you first get your braces off.**
- 2. 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 ruin 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 a retainer bath at least once a week for 15 minutes using a denture cleanser, such as Efferdent or Polident. This can be purchased at your local drug or grocery store.**
- 8. Remember to bring your retainers to every appointment.**
- 9. 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.**
- 10. Always wear your retainers as directed.**

THERE WILL BE A CHARGE TO REPLACE OR REPAIR LOST OR DAMAGED RETAINERS OR RETAINERS THAT NO LONGER FIT DUE TO LACK OF WEARING THEM. 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 TO SCHEDULE AN APPOINTMENT FOR A NEW RETAINER. SERVICES WILL BE RENDERED AT OUR USUAL FEE.

If you have any questions or concerns, please call our office at (478) 953-2700.
Visit our website at DrSpillers.com for additional information.



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