



R-E-T-A-I-N-E-R-S

Retainers are worn to maintain the orthodontic treatment results.

Retainers should be worn initially **24 hours per day** except:

Eating*

Brushing

Sports when a mouth guard is worn

*Depends upon type of retainer.

-Retainers should be kept in retainer case when they are not being worn. The safest place to keep a retainer is in your mouth.

-Cleaning retainers is best done by brushing them with a tooth brush mild soap. An over the counter cleanser (Retainer Brite) can be used if desired. Never use boiling water, this will destroy the retainer.

-If retainers are not worn as instructed the teeth may move and may require brace again.

-If retainers are broken, bent or lost don't panic but call my office as soon as convenient for evaluation.