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RETAINER INSTRUCTIONS

Revised 4-04

These instructions are for retainers but apply to other removable appliances as well. If you follow these directions, your retainer will be happy, your orthodontist will be happy and you will be happy.

Wear retainers all the time until instructed to do otherwise. Put retainers in a retainer box if they are out of your mouth. This is your responsibility. Be responsible.

Take retainers out to brush your teeth. Brush retainers when you brush your teeth. Soak them in denture cleaner if you wish. Retainers need not be taken out for swimming or sports unless you wish to do so.

The most common time for retainers to be lost or broken is when they are taken out for eating. Wear your retainers while you eat. Do not put them in a napkin while you are eating. If you take them out, put them in a retainer box.

Retainers should be one of four places:

1. In your mouth.
2. In your retainer box.
3. In your hand while you are brushing them.
4. Soaking in a glass of denture cleaner.

Retainers which are lost, broken, or ill-fitting from lack of proper wear will be replaced at your expense. To cut down on that expense, we suggest you do the following:

Do not wiggle or flip retainers up and down. Do not bite or chew on retainers or bite them into position. Do not play with retainers. Breakage does not occur "for no reason." Often, breakage is the last in a series of small damages.

Be careful with your retainers and protect them. You will pay for this breakage or loss regardless of the reason. We have already heard all the excuses. They usually start with "It wasn't my fault..." If retainers stop fitting because you are not wearing them enough, you will pay for new retainers.

Do not run retainers through the washer or dryer or boil them in water or put them in hot places such as on the dashboard of a car.

Always bring your retainers with you to every appointment. Always bring your retainers with you to every appointment. Always bring your retainers with you to every appointment.