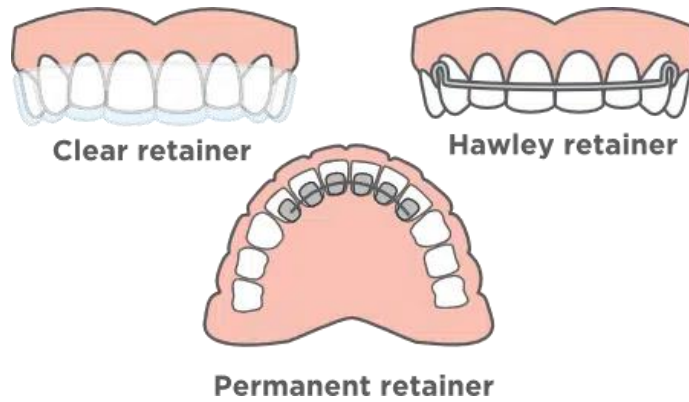




Retainer Instructions



Orthodontic retainers are custom-made devices that hold teeth in place after orthodontic treatment to prevent them from shifting out of position. Retainers are the final stage of orthodontic treatment and are vital for maintaining the results of braces or aligners. It is important to wear your retainers as instructed and to correctly care for them so they may last a long time. Retainers will eventually need to be replaced, but with proper care and correct wear, you will maintain the beautiful smile you have achieved.

Helpful Tips:

- Dogs and cats love to chew on retainers, so please only keep them in your mouth or in their case and out of reach of pets!
- Do not wrap your retainer up in a napkin or sit them on a tray - this is the #1 way most people lose their retainers.
- Clear & bonded retainers are \$195 per arch to replace, so be very mindful not to break/lose it. (Hawley retainers are \$275 per arch)
- Brush the inside and outside of your retainer with cold water and a soft toothbrush at least 2 times a day. Should you choose, you may also use retainer cleaning crystals.
- If your retainer starts developing build up, you can use a mild denture cleaner.
- Do not boil your retainer! This medical grade plastic will distort and/or melt in excessive heat.
- Please bring your retainer to all appointments.

- If you lose your retainer, please call us immediately regarding the next steps. Your teeth can shift quickly, causing relapse, if they are not being held by their retainers. We want to avoid this!
- Extra rubber bands/elastics and wax are always available in our After Hours Care boxes at both clinic locations.

Please contact our office with any questions or concerns.

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