



CLEAR RETAINERS

Congratulations! You are now finished with the active phase of your orthodontic treatment and are entering the very important **retention phase**. Your teeth have been moved and held together during the active phase with braces. Now your teeth need to be retained in their new positions until their supporting tissues adapt to their new tooth positions. If your teeth are not retained adequately, they may drift back to their original positions. **This is a problem that is not easy to correct and may require additional treatment and cost.**

- ✓ **FOR THE FIRST TWO MONTHS YOUR RETAINER(S) MUST BE WORN AT ALL TIMES (unless otherwise instructed).**
- ✓ Retainers should only be removed when eating, brushing teeth, and when Hot or Colored liquids are being consumed.
- ✓ Try to avoid pulling one side completely off without the other as this may cause the retainer to crack in the middle. **NEVER BITE RETAINER INTO PLACE- A SURE WAY OF BREAKING IT.**
- ✓ Keep your retainer clean. Hold it in the palm of your hand and brush it under cold water with a clean toothbrush and water - **NO TOOTHPASTE**. Toothpaste will dull and cloud your clear retainer.
- ✓ You've been given samples of Retainer Brite to soak/clean your retainers. Use Retainer Brite as often as you feel is needed. You can purchase more from our office or buy on Amazon or directly at Retainer Brite.com.
- ✓ **DO NOT** wrap the retainer in a napkin as it will be thrown in the garbage.
- ✓ **DO NOT** put your retainer on your lunch tray.
- ✓ **DO NOT** put your retainer in your pocket or book bag... it will break.
- ✓ **PETS LIKE RETAINERS**. Please keep your retainer in your mouth or in the case and keep the case away from pets.
- ✓ **DO NOT** use hot water on the retainer as it will warp or melt.
- ✓ If you have any questions about your retainer(s) please feel free to ask us.

"IF YOUR RETAINERS ARE NOT IN YOUR MOUTH, THEY'RE IN YOUR CASE."

RETAINERS WILL BREAK IF DROPPED OR MISHANDLED. REPLACEMENT RETAINERS ARE COSTLY. RETAINER CASES ARE PROVIDED AT NO CHARGE. PLEASE HANDLE WITH CARE. PLEASE HANDLE YOUR RETAINER WITH CARE.

Your first retainer check is 2 months after the appliances are removed. This visit is included in your treatment fee. Usually, you are seen a few more visits, at longer intervals, until the doctor determines you no longer need to be seen. At these appointments there will be an **office visit charge**. Always call right away if there is a problem.

Please make sure that you bring your RETAINERS to all visits.