

# **CLEAR RETAINER (wireless) CARE SHEET**

## **Congratulations - your braces are off!!**

Removing braces signals the start of the retention and observation period of your orthodontic care. Please remember that this part of your orthodontic treatment is just as important as the active movement phase in determining the ultimate success of your treatment. Once the teeth have been moved into their desired positions, a period of time is needed to stabilize the teeth so that the surrounding bone and soft tissues can conform to your new dental alignment.



- \* Clear retainers are made from a thin plastic material.
- \* You will find these retainers to be very comfortable and virtually invisible.
- \* Speech may be affected for a very short period of time.
- \* We recommend reading aloud with your wireless retainers in, and your speech will quickly adjust.



- \* Your clear retainers should be worn 24 hours per day, 7 days per week.
- \* They may be removed to eat and brush your teeth.
- \* Your retainers are worn full time until your conventional retainers return from the lab.



- \* Brush your retainers at least twice a day with a clean toothbrush and water.
- \* Soak them in mouthwash or Listerine once a day to keep them fresh.
- \* Always place your retainers in their case if they are not in your mouth.
- \* Never soak your retainers in hot water, or leave them in a hot car, because the heat may distort them.



- \* Keep your appliances away from pets.
- \* Never wrap retainers in a napkin, leave them in your pocket, or on a lunch tray as these habits will result in breaking, losing, or throwing your retainers away.
- \* Caring for and wearing your appliances are your responsibility.
- \* Wearing your clear retainers is an extremely important phase in your treatment.
- \* There is a replacement fee for each lost or broken clear retainer.