

RETAINER CARE SHEET

Teeth and the jaw bones change with aging, just as the rest of the body does. Teeth can shift over time whether a person has had orthodontic treatment or not. The purpose of removable orthodontic retainers is to minimize tooth shifting to less than it would be if no retainers were placed at all.



- * Retainers should be worn as instructed by the doctors.
- * Remove retainers while playing contact sports, skiing, or swimming.
- * Your retainers should be worn every night unless otherwise instructed.



- * Standard retainers are made of acrylic and wire.
- * Your new retainers are fragile and should be handled with care.
- * Keep appliances away from pets.



- * Brush your retainers daily with a clean toothbrush and water.
- * Remember, plaque can also form on your retainers, so be sure to keep them clean.
- * You may use a denture cleaner, such as Efferdent, at least three times a week to keep retainers fresh.
- * Never place retainers in hot or boiling water as the heat will distort them.



- * Always place your retainers in their case.
- * 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.
- * There will be a replacement fee for each lost or broken retainer.

**Don't forget to bring your retainers to every appointment
so we may adjust them if necessary!**

Retainers should never be thrown away. They will always serve as a guide to "check" your bite. If your teeth are shifting, the retainers will fit tight, and you should wear them more frequently. If retainers fit well after "skipping nights" it is safe to say tooth movement has been minimized and retainers can be worn less frequently as directed by the doctors and their team.