

Proper Retainer Care Instructions

WEAR/CARE

- Wear your retainers full time until Dr. Wong instructs you otherwise.
- Take your retainer out when eating and drinking. Be sure to always put your retainers in their case! (Most appliances are lost in school lunch rooms or restaurants.)
- Clear retainers can discolor if drinking coffee, tea, soda/pop, dark juice or anything that isn't clear liquid. Be sure to brush and rinse before replacing retainers if you have consumed any beverages. It is recommended to remove retainer when drinking anything but water.
- When retainers are not in your mouth they should **ALWAYS** be in a retainer case. Pets love to chew on them! And if they're not in their case they might accidentally be thrown away.
- Never place your retainers in napkins, tissues, or your pockets as they can easily be lost or damaged when not in your retainer case. Keeping your retainer case with you always will help you to avoid any chance of it being lost or damaged.
- Initially when wearing your retainer, you may find it difficult to speak. Practice speaking, reading or singing out loud to get used to it faster.

REMOVAL/PLACEMENT

- Placing retainers with your fingers is the best way to guide them in over your teeth, never bite your retainers into place.
- Be careful to remove both sides of the retainer simultaneously (avoid rocking the retainer side-to-side or pulling one side out across your mouth, this could cause the retainer to crack in the middle or where most pressure is being placed.
- If your retainer starts to loosen, avoid the temptation of removal with your tongue as this will continue to loosen your retainer, instead contact our office immediately so we can adjust your retainer for a better fit.

CLEANING

- Never use hot water to rinse or soak your retainers as the material can easily warp. Leaving your retainers on the dashboard of your car or placing them in the dishwasher will also melt or warp your retainer.
- Rinse retainers with cool water each time before placing them in to your retainer case; this will help to keep them fresh. As an additional measure, you can brush your retainers each night with warm soapy water or soak them using a cleaning tablet specified for retainers. Brushing retainers removes plaque and eliminates odors. If you prefer to use a toothpaste, we recommend you use a gel paste as most other toothpastes can roughen surfaces of the acrylic or plastic and create more area for bacteria to attach and hide.
- Avoid soaking retainers in denture cleaners, alcohol-based solutions or mouthwash. Many of these products can be harsh, damage your retainers and may also cause discoloring of the retainer material.

IMPORTANT REMINDERS

- Retainers are breakable, so treat them with care. If retainers are lost or broken, call our office immediately.
- Retainer replacement is expensive, but with proper care they will last for years! Your first set of retainers is included in your treatment. If you request to have an additional or replacement set made due to loss or damage, there will be a replacement fee.
- Always bring your retainers to your appointment.
- Enjoy your new smile!

Fees for lost or replacement retainers:

- Clear retainers - \$185 per arch (upper, lower)
- Hawley retainers - \$295 per arch (upper, lower)