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INSTRUCTIONS FOR WEAR AND CARE OF YOUR RETAINERS

If you follow these suggestions, your retainers will work best for you.

1. Wear your retainer as instructed by the doctor except while brushing your teeth, eating, or participating in sports games.
2. Brush your teeth and your retainer after every meal. You may soak your wire retainer in retainer cleanser to help prevent calculus deposit. You may clean your wire retainer with soap and water or mouthwash with your toothbrush.
3. If you have a clear retainer, **DO NOT USE TOOTHPASTE** to clean it with as the toothpaste is abrasive and will dull the shine on the clear retainer but you may brush it with water only. If it starts looking cloudy you may soak it in ½ vinegar and ½ water for about 10 minutes or use Retainer Brite and soak it for about 30 minutes at least once each week (we provide Retainer Brite in our office).
4. With a clear retainer, you may **DRINK WATER ONLY** while wearing them because dark beverages i.e.: coffee, tea, colas will stain.
5. With your new retainer there may be an initial difficulty in speech or a plastic taste from the retainer; these should disappear in a day or two.
6. When you are not wearing your retainer, keep it in the retainer case supplied by our office. **DO NOT** wrap it in a napkin because of the possibility of throwing it away.
7. Do not use your tongue to flip or play with your retainer, this will loosen the fit.
8. Pets love retainers! **DO NOT** leave the retainers accessible to pets, they will chew them up.
9. **DO NOT** chew gum with retainers in the mouth.
10. If your retainer is lost, broken, or does not fit properly, please call our office to schedule an appointment. An impression will have to be taken in order for a new retainer to be made.
11. Take good care of your retainers and they will serve you well. Remember, retainers are expensive and replacements cost \$150.00 each.

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF

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