



Taking Care of Your Retainer

To keep your retainer clean, we suggest regularly brushing your retainer with a soft bristle toothbrush, toothpaste and water. Rinse it thoroughly after you've brushed it. We also recommend that you soak your retainers at least once a week in an effervescent solution (a denture cleanser). There are many different kinds on the market, any which will be fine. When soaking your retainer, however, be sure to use *cool* water. (Remember extreme temperatures will melt or warp your retainer.) Some people like to soak their retainer during their meal time, so they don't lose any time to wear it.

Please remove your retainer when you are eating. If you do not, it is likely you will crack the acrylic or bend the wires while chewing. Also, DO NOT chew gum while wearing your retainer. Gum is nearly impossible to remove without severe damage to the retainer.

When your retainer is not in your mouth, it should be in your case! Please DO NOT wrap it up in a napkin or paper bag. Most retainers are accidentally thrown away because they are hidden. If you have to take your retainer out and do not have your case, put the retainer next to you on the table so you can see it, that way it is less likely to be lost. It is also not a good idea to put your retainer in your school bag, pocket or purse without its case.

We also recommend you remove your retainer during any contact or physical sport. This means you should also remove your retainer when making a mouth guard.

Keep your retainer away from radiators, car dashboards, etc. Any extreme temperature (hot or cold) can damage your retainer. If left in hot temperatures it may melt or warp, where as in cold temperatures it may crack.

Be sure to follow the retainer care instructions carefully in order to keep your retainer, and thereby your teeth, in the best shape possible. We strongly urge you to wear your retainer as instructed and to notify us if you notice your retainer is not fitting or your teeth have started to move.

Good luck! 😊

