

Instructions for Retainers

Removable Retainers

Remove your retainer for:

- Eating
- Cleaning your teeth
- Contact sports
- Swimming



Your retainer only goes in two places:

In your FACE or in the CASE!!

The case must go everywhere your retainer goes!

When you clean your teeth, also clean your retainer with toothpaste and your toothbrush under cool running water.

- Put your retainer in and take it out as shown
- Biting it into place may break it!
- Flicking your retainer up and down may break it!
- If your retainer is tight when you put it in, wear it **more** hours, **not** less.
- If you break your retainer, a new mould will be needed and there will be a charge to replace it.
- If you have any problems with your retainer, please contact us.

If you do not wear your retainers as instructed, your teeth WILL move!

How much wear?

- Upper retainer full time for 6 weeks
- Lower retainer only at night when sleeping
- After 6 weeks, wear both retainers when sleeping
- Minimum wear is 8-10 hours

Remember to bring your retainer with you to your appointments

Fixed Retainers

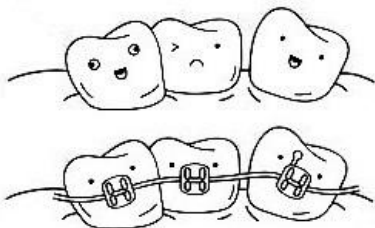
Be careful what you eat with your front teeth as your fixed retainer wires can still fracture

- Only you can keep your teeth straight from this point on
- There is no specific end point to wearing your retainers
- We recommend that you wear your removable retainers every night FOREVER.

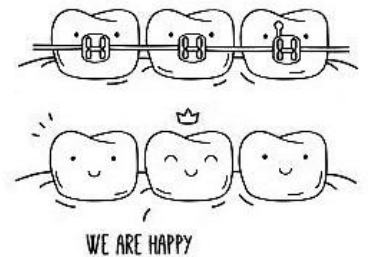


It is YOUR responsibility to wear YOUR retainers!

Remember to visit your Dentist regularly every 6-12 months!



**CONGRATULATIONS!!
Your teeth are finally
out of "jail"!**



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