

Retainer Instructions



PURPOSE: To hold teeth in position and resist relapse.

TIME: Retainers **MUST** be worn consistently, otherwise a relapse may occur and result in a failure to maintain the results obtained. Retainers should be worn at least 8 hours a day indefinitely. This is the customary time of retention in most orthodontic offices in the U.S.A. Research shows that few people maintain ideal tooth alignment for life, whether they were born with perfect teeth or had their teeth straightened. Some amount of time is necessary to counteract nature's tendency towards irregular teeth; however, the exact amount of time is based on the individual.

CARE: Constant care is essential. Wash your retainer daily with toothpaste, soap, baking soda or denture cleaner. **DO NOT** soak retainers in mouthwash or hot water. Retainers should be stored in their case to prevent loss and breakage. **DO NOT** remove the retainer and place it in a napkin while eating, as you will throw both in the trash. Most people lose their retainers in this manner. Retainers are like steak to a dog, they will chew on them. Dog owners beware!

BREAKAGE & LOSS: Retainers are quite durable and will resist ordinary wear and tear; however, they are not guaranteed for life and will have to be replaced at some point. Outside pressure may distort and break the retainers. Replacements carry a fee.

Schedule an appointment to see your dentist for a check-up & cleaning.



*It has been a great pleasure having you as a patient.
Enjoy your smile.*