

*Orthodontic removable retainers are custom-made devices, made usually of wires or clear plastic, that are worn after braces to hold teeth in position.*

1. The retainers must be **worn day and night** for two weeks (except when eating, brushing, playing sports or a musical instrument). Then wear them every night after that.
2. When not being worn, **keep them in the small case provided**. This will protect them from breakage. If you have lunch at school, place the retainers in the case in your desk or locker, but remember to place them back in your mouth after eating and brushing.
3. Remove your retainers to brush your teeth. They may be rinsed off in the morning, and at lunchtime, but should be cleaned with soap and water or toothpaste in the evening before bedtime. Clean your retainer by holding it in the palm of your hand and gently scrub it with your toothbrush. **Do not use hot water!** Replace it immediately after rinsing. Clean your retainer case too!
4. If you have a fixed wire retainer, you will need to floss beneath it with the aid of floss threaders. If it becomes loose, it is very important to call us to make an appointment to have it re-cemented.
5. Bring your retainers with you to each appointment. We will replace them for 2 years if they are cracked or worn out. If a retainer need to be replaced because it gets lost or destroyed, there will be a charge, payable at the time of the appointment. The charge is per retainer.
6. Keep your retainers out of hot places like the dash of the car, the dishwasher or the clothes dryer. Dogs like to chew on them, so keep them out of reach of your pets.
7. Retainers are also frequently lost because people wrap them in napkins at the table, and then they get thrown away.
8. If your retainer does need to be replaced, don't delay! Your teeth can move fairly quickly.

