



## Congratulations on completing your orthodontic treatment!

In order to permanently retain your new smile, it is essential that you wear your retainers.

Full-time (20 hrs/day) until: \_\_\_\_\_ then **Night time (8 hrs/day) for a lifetime.**

### While Wearing Fulltime:

- Take your retainers out every time you eat, brush your teeth, or play sports that require a mouthguard.
- Remove your retainers when drinking sugary or acidic beverages; keeping the retainers in will trap the liquid.

### Important Additional Requirements and Information:

- Every time you remove your retainers, store them in the case that was provided to you. Do NOT put your retainers in a napkin on a lunch tray -- it will likely get thrown away!
- Make sure your retainers are kept away from areas that become hot such as microwaves, washers and dryers, stoves, car dashboards, and dishwashers.
- Keep your retainer away from pets as well, including cats and dogs. Pets like the smell of the saliva and will chew on them if they can.
- Do not bite your retainers into place or flip them with your tongue. This will cause retainers to stretch out and become loose.

### Cleaning Your Retainers:

- Clean your retainers on a daily basis once or twice a week using one of the following methods:
  1. **Retainer Brite cleaning tablets - These can be found on [www.retainerbrite.com](http://www.retainerbrite.com) or call 1-800-866-6884 to order.**
  2. Equal parts water and white vinegar - Soak your retainers in this mixture for 20-30 minutes, then rinse well before putting them back in your mouth. Do not use boiling water.
- After brushing your teeth, apply a small bead of toothpaste on your toothbrush, and gently but thoroughly brush your retainers before putting them back in.
- To keep your retainers tasting fresh, you can soak them in mouthwash diluted with water for about 10 minutes.

Please be sure to bring your retainers with you to all of your retainer check appointments, so that we can check them in your mouth. **If you break or lose your retainers, give us a call right away - you don't want to give your teeth a chance to move!**

Retainers are a lifetime commitment and you should continue to wear them every night. This will keep your teeth aligned properly and ensure the retainers will continue to fit properly. You will no longer require monitoring after 12 months. However, if a problem arises, please call our office as soon as possible and we will be happy to see you.