

## **DELIVERY OF YOUR RETAINER**

On the day your braces are removed there is one more important step...retention. Your orthodontic retainers have been carefully designed to hold your teeth in their corrected position until they are stable. This retention phase will help maintain a lifetime of healthy, beautiful smiles.

Wear your retainers as directed – except during sports or while you eat.

You may salivate more when you first get them and your mouth might be sore. This will subside and your speech will return to normal after a few days of wearing your retainers.

## **CARE OF YOUR RETAINER**

Brush your retainers with toothpaste when you brush your teeth. Rinse your mouth and retainer with water if you can't brush after meals. Avoid hot water, sunlight, mouth wash, and denture cleaners. Denture cleaners contain a mild form of bleach, and you should avoid soaking your appliances in it. Once again, brush your retainers with toothpaste when you brush your teeth, this keeps your appliances in great shape.

The reasons to avoid hot water, sunlight, mouth wash, and denture cleaners are:

- The plastic may break down or warp and become brittle.
- Solder joints that connect wires together can corrode and fail.

Also, be careful not to “click” them in and out with your tongue. This will weaken the wires and may cause them to break.

Call your Doctor if you lose, break or have concerns about the fit. Make Good Habits!

## **STORING OF YOUR RETAINER**

Retainers are fragile and the safest place for them is in your mouth. When you need to remove your retainers store them in a retainer case. Hard plastic is the safest...and your doctor's first choice. Soft cases will keep them clean and are much safer than wrapping them in a napkin or just setting them on the table. Choose retainer cases that fit your needs and put them in places where you will use them. Think about where you will be taking out your retainers, to eat, brush your teeth, play sports, eat in a car, etc. Put a retainer case in those locations permanently if possible. Put an attractive container on the dinner table so you'll always have a nice place to hide your retainers while you eat. Your friends and family will appreciate your consideration.

Remember to make good habits and you will save time and money on costly repairs and remakes.