



YOUR RETAINER

1. Wear 24 hours a day except for eating and contact sports (including gym, swimming, running, biking, etc.
2. Retainer should always be in the mouth or kept in retainer box provided. Most loss and breakage occurs when this suggestion is not followed .
3. Clean retainer with toothbrush DAILY. You may soak it in mouthwash to make it taste better, but it may affect the color of the plastic.
4. Keep retainer away from all pets (dogs and cats love to chew on them.)
5. Do not under any circumstances attempt to adjust the retainer yourself. Please call the office if it does not fit properly.
6. Do not boil the retainer or subject it to extremes of temperature. Keep away f from stove, microwave, toaster, barbeque grills, hair dryers, warm and hot water.
7. If you should lose or break your retainer, call the office immediately. A delay in replacing the retainer may allow the teeth to drift.

Your retainer is designed to prevent your teeth from returning to their original malposition. Wearing it as directed will ensure that you keep your healthy smile intact.

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