



DEDICATED TO INNOVATIVE, HIGH-QUALITY CARE WITH A COMFORTABLE, SMALL TOWN FEEL

## INSTRUCTIONS FOR CLEAR RETAINERS

1. Wear at **ALL TIMES** – night and day, except to eat, until directed by the dentist to do otherwise
2. When eating be sure to place retainers in the case provided - do not wrap in a napkin or leave out – they are very easy to lose or throw out
3. Protect from pets - they love the smell of the acrylic and will chew the retainers if left out
4. To maintain freshness, soak the retainers in a denture/retainer cleaner for 30 minutes once or twice a week – do not brush with toothpaste, it causes the acrylic to become cloudy in appearance
5. Retainers are made of a rigid plastic to prevent tooth movement – this rigidity however, causes the retainers to crack with use and time – it is important to call the dental office **AS SOON** as you notice a crack so that a new retainer can be made (holes in the biting surface are not as urgent)
6. Three new retainers per arch are included in the overall orthodontic cost – the cost of additional retainers is the responsibility of the patient
7. If a Hawley retainer (metal wire across the front teeth) is provided for the upper arch wear it and keep the clear retainer as a backup