

## Retainers

---

The purpose of your retainer is to prevent your teeth from shifting after your braces are removed. Sometimes retainers can be used to correct small problems with alignment without the need for braces at all.

Your teeth may shift out of position without a retainer to keep them straight and beautiful; make sure you wear your retainers as instructed by our office! At first you might be wearing them a lot, but as time goes on we usually cut down on the amount of time you need to wear them.

At first they might feel really big, and you might feel like you are biting down on them a little; this is normal. They also might make you salivate a little more than usual; this will stop once you get used to them!

Here are some tips on how to take care of your retainer:

- ☑ Do not wear your retainers when you are eating or brushing your teeth.
- ☑ When you brush your teeth, brush your retainers too! If your retainers are clear, you should use soap and water rather than toothpaste, so they don't scratch and become cloudy.
- ☑ Whenever they are out of your mouth, put the retainers in the case we give you, and put the case safely into your pocket, knapsack, purse, or other safe place.
- ☑ NEVER wrap the retainers in a napkin when you are eating; put them in the case! One day you will throw them away by accident, and you may have to buy new ones! They are expensive!
- ☑ Bring your retainers with you to every appointment, so we can check to see they are fitting properly.
- ☑ If you lose your retainers, give us a call to let us know; we may make you an appointment to see if you need another set.
- ☑ Do not microwave them, or boil them.
- ☑ Keep them away from pets; they will be chewed up and ruined.

If you have any questions about your retainers, please do not hesitate to ask us!

**Don't forget to bring your retainers next time you come!**

## Thank You!

---