



RETAINER INSTRUCTIONS

Now that your appliances have been removed, you are beginning the next very important phase of your orthodontic treatment. You have been given your orthodontic retainers and wearing them as scheduled will help maintain your great new smile!

OBJECTIVES OF THE RETENTION PHASE

1. Retainers, as the name implies, retain the teeth in the corrected position. When the tooth is moved, the ligaments holding the teeth to the bone are stretched and it takes approximately one year for the relaxation of these fibers to occur.
2. Wearing retainers as scheduled will allow some minor changes in tooth position to occur as the teeth settle into position.

Failure to wear retainers as directed, even for a short period of time, may cause a rapid change. It is very important that you follow these specific instructions given to you to maintain satisfactory results.

- Brush your teeth and retainers following each meal or snack. If this is not possible, at least rinse your mouth and wash the retainers with water.
- Always bring your retainers with you for each appointment. If a retainer is lost or damaged, a charge will be made to replace or repair it.
- No chewing gum, please - it sticks to the plastic.
- Never leave your retainer out of your mouth except in its case. Don't leave it lying around or wrapped in tissue. It could get lost or thrown away. Never leave it in hot water or near a hot surface; it could change shape and then it won't fit.

Your retainer should fit comfortably and securely. If it doesn't, let us know. It is delicate and expensive to repair or replace, and it won't be lost or broken if it's worn correctly!

RETAINER WEAR SCHEDULE

- 12 hours a day or as instructed by the doctor.

It is important that you make an appointment with your general dentist as soon as possible for a caries (decay) check and a complete cleaning. Make sure that you continue to see your general dentist on a routine basis.

DAILY ORTHODONTIC ALIGNER CARE

Soaking - Preferred Cleaning Method:

To clean, soak the aligner for twenty to sixty minutes each day rather than brushing the aligner.

- Soak in Efferdent or any over the counter denture cleaner.
- Rinse in water and/or mouthwash if the odor is unpleasant to you.



Toothbrush and Toothpaste -Alternate Cleaning Method:

If you prefer to brush the aligner with a toothbrush and toothpaste, use a new soft bristle brush. Brushes that have been used to brush your teeth have frayed ends on the bristles and will scratch your aligner.

- The best toothpaste for use on the aligners is Colgate Total. This is a low abrasive toothpaste, and it has active ingredients that help prevent the sticky dental plaque
- from adhering to the aligner 24 hours a day.
- If the dental plaque adheres to the aligner, it will require more brushing. The more you brush the aligner the more
- you scratch the aligner. Scratches on the inside and
- outside make the aligner appear frosty or "cloudy."

Causes of Common Aligner Damage:

- Heat / hot car interior (any source)

- Pets (The saliva scent attracts your pets.)