



## **Retainer Instructions**

In order to maintain the result you have worked so hard to achieve proper retainer wear is essential.

### **Removable Retainers**

- Until instructed otherwise, your retainers should be worn as follows:  
Upper: A minimum of \_\_\_\_ hours a day.  
Lower: A minimum of \_\_\_\_ hours a day.
- Retainers do not need to be worn while eating meals or playing sports. (If you do wear them while eating, be sure to remove and clean them afterwards.)

### **Fixed Retainers**

- A fixed retainer was placed on your\_\_\_\_\_.
- Be careful biting into anything hard with your front teeth.
- If your retainer comes off, feels loose, or any tooth movement is noted, please call for an appointment to have it reattached. [Note: Your removable overlay retainer should be worn full time until the fixed retainer is repaired.]

### **Cleaning Instructions**

- Rinse your retainer, if possible, whenever it is removed from your mouth.
- When brushing your teeth, removable retainers should be brushed with toothpaste and warm water.
- When wearing a retainer full time, clean it daily with *Retainer Brite*. When wearing less often, *Retainer Brite* can be used less often (but at least 2-3 times per week).

*\*Retainer Brite can be purchased at our office or online at [retainerbrite.com](http://retainerbrite.com)*

**(Note: DO NOT use denture cleaners on clear retainers - it damages them!)**

### **Other Points to Remember**

- Retainers should be kept in their case when they are not being worn.
- DO NOT wrap your retainer in a napkin – it will get thrown out!
- Initially your speech may be affected, with regular retainer wear this will improve.
- Keep retainers away from pets! (even if in the case)
- If a retainer feels “tight”, or does not go in all the way, when you put it in, you have not been wearing it enough!
- **Special Instructions** - \_\_\_\_\_