Retainers

Congratulations on your new smile!

RETAINER SCHEDULE:

Unless otherwise instructed by your orthodontist, the following schedule for retainer wear should be followed:
- For first 6 months: use 24 hrs/day except while brushing, eating and swimming
- For next 6 months: use at night only, every night
- Then, until age 20 (or next 6 months for adults): use at least every other night
- After that, use at least 2 nights/week for the rest of your life

*** Please note that for some patients, using the retainers every night long term is recommended. Examples are patients who clench/grind their teeth or patients who notice movement of their teeth when they reduce the number of nights of retainer wear.

GENERAL INSTRUCTIONS:

- Initially, your speech may be affected and your mouth may water a lot. This will return to normal within 2-3 days.
- To clean your retainers, brush them 2-3 times a day using tooth paste and/or mild liquid soap, and rinse with tap water (not too hot or too cold). Occasionally, if you notice a build up on your retainers, use retainer/denture cleaning tablets/solutions (Retainer Brite is an example).
- Whenever you take your retainers out, place them in the case provided.
  - *Never* put them in your pocket, they can break or distort.
  - *Never* wrap them in a napkin, they will get thrown away.
  - *Never* leave them out, little kids think they are interesting toys and dogs love to chew them.
- Do not "play" with the retainers by flipping them in and out with your tongue, they will break, loosen or distort and stop fitting.
- For patients with Vivera retainers, please remember to cycle through them once every 3 months so that all pairs of retainers will stay fitting.
- <u>If your retainers are lost, broken, or not fitting well, please call the office immediately.</u> Teeth can start shifting very fast without good retainers.

Remember, your retainers are very important to maintain the new positions of your teeth, so wear them well and keep them safe. Good luck!

-Dr. Monica