

## Retainer Instructions

1. Please wear your retainer(s) full time.
2. Remove your retainer for eating and brushing ONLY. Be sure to place the retainer in the case provided. Never wrap the appliance in a tissue or a napkin.
3. Clean your retainer every time you brush your teeth. Use your toothbrush, and rinse the retainer well. Fill the sink with water to avoid any damage to the retainer if you should drop it.
4. Do not chew gum while wearing your retainer; the gum will get stuck in the wires and stick to the plastic.
5. Keep your retainer out of the reach of the family dog (even when it is in your retainer case). Dogs will find and chew the appliance, which will result in a fee for replacement.
6. Retention supervision will continue for 12 months after your braces are removed. After this you are dismissed and future visits will be charged according to services rendered.
7. Retainer wear should be continued for life; if the retainers are not worn as directed the teeth will move and shift over time.
8. If you lose, damage or break your retainers, please call the office immediately. Keep any broken pieces and bring them with you to your next appointment. There will be a charge for any retainer repairs or replacements. The initial of retainer(s) are included in your treatment fee.
9. Retainers are delivered to you the same day your braces are removed. If your gums are swollen at that time, the retainers will become loose once your gums begin to heal. In this situation, new retainers will be required once your gums are healthy and fees will be charged for these retainers. To avoid this circumstance it is crucial to maintain good oral hygiene throughout treatment.