



The retainer is an appliance used to maintain the correction achieved through Phase One orthodontic treatment.

#### **Wearing the Retainer:**

- To achieve maximum results, retainers are worn full time. Do not wear your retainers for sports, swimming or WILD PARTIES!!!
- When first wearing your retainers you may notice that you speak differently and have excess saliva this is normal. Practice speaking and reading out loud. Your mouth will soon accommodate to your new retainers.
- If patient's baby teeth fall out or become loose the retainer may not fit properly and may need adjusted. Please call us if this happens.

#### **Appliance Care:**

- Brush your teeth three times a day, 2 minutes at a time. Additionally, brush the inside and outside of your retainers once a day, with toothpaste and water.
- The retainers can be soaked in a retainer cleaner such as, Retainer Brite, SonicBrite, Efferdent, Polident, etc.
- When out of your mouth, always keep the retainers in your case. Do not place them in a napkin. If placed in a napkin, the appliance usually ends up in the trash. Additionally, do not place the appliance in your pocket, as you may sit on it and break it.
- Keep the appliance away from dogs and cats; they love the smell of retainers and will think that yours is a chew toy, and potentially destroy it.
- There may be a fee if you lose or break your retainer.

If your retainer breaks, becomes loose, uncomfortable or becomes lost, please call us at (717) 637-4131.