



YOUR RETAINER

1. Wear your retainer 12 hours a night unless otherwise instructed.
2. Brush your teeth and your retainer after eating. It helps to brush your retainer daily with antibacterial soap (toothpaste is abrasive) and soaking your retainer several times a week in white vinegar.
3. Be gentle when removing and replacing your retainer. Avoid flipping or playing with the retainer with your tongue (this will eventually distort or break your retainer).
4. The first several days of wearing your retainer may bother your speech. Reading aloud to yourself will help.
5. Don't put your retainer in your pocket without it being in the case. **IT WILL BREAK!**
6. Don't wrap your retainer in a napkin, paper towel, tissue or put it in your lunch sack. **IT WILL GET THROWN AWAY!**
7. Don't leave it laying around. **IT WILL GET LOST OR BROKEN!**
8. Always use the retainer case we have given you to store your retainer when it is not in your mouth.
9. If the retainer breaks, or wires get bent, call the office immediately!
10. Don't leave your retainer where it will become exposed to heat, it will distort and have to be re-made.

Note: **DO NOT LEAVE IN YOUR CAR DURING HOT TEMPERATURE MONTHS.**

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