



Congratulations on your new smile! Now that we have finished your treatment and you love your smile, we need to ensure that the results are stable. Retainer wear is just as important as treatment is. To keep all your teeth in the correct position we recommend you wear retainers.

Please bring your retainers to all your appointments.

Retention is for life, if you do not wear your retainers your teeth may move.

Removable Retainer Instructions:

- Wear your retainers full time (22 hours a day) for 6 months. After 6 months you can switch to nighttime wear only (approx. 8 hours a night). Nighttime retainer wear is a lifetime commitment.
- When removing your retainer, please loosen the retainer from the inside of your teeth at the back of the retainer first. *image provided on bottom of page
- Do not eat or drink anything except water while wearing your retainers.
- Remove your retainers when brushing and flossing your teeth.
- Do not boil or place your retainers in the dishwasher.
- To clean your retainers, use small amounts of toothpaste only.
- Keep your retainers away/out of reach from your pets. Dogs like to chew them!
- Retainers should only be either in your mouth or the case provided– do not wrap in a napkin as they may get lost or thrown away.
- When not wearing your retainer, store in the case and leave the case open to allow it to air dry.
- Do not leave the retainer in a hot car or direct sunlight as they can distort.
- If retainer is lost, broken, cracked, loose, or too tight please contact our office immediately.
- If teeth have shifted or moved please contact our office immediately.

****There will be an additional fee for replacement retainers****

Removing your Retainer:

