

RETAINER INSTRUCTIONS

CONGRATULATIONS, you've made it to the retainer stage of your treatment!

Here are some things that you'll want to know about your retainers:

1. Wear your retainer(s) faithfully day and night. You may remove your retainer(s) while you eat, drink something hot, play a sport, and to brush your teeth. Any other time, the retainer(s) should be safely in your mouth. You'll get used to them very quickly, and before you know it, Dr. Wheeler will tell you that it's OK to just wear them at night.
2. Your retainer(s) might make your teeth a little sore for a day or two, but this is usually not much of a problem.
3. At first, you may find it difficult to speak. Getting used to the retainer(s) takes some time, but your speech will improve as you become accustomed to the new appliance. Also, you might tend to salivate a bit more than usual, but this problem also goes away in a day or two. Likewise, any funny taste you might notice now will disappear completely very soon.
4. Your retainers are very delicate! They will break if you drop them on a very hard surface, sit on them, or allow any number of different calamities to befall them. To protect them when they are not in your mouth, always keep them in the plastic case we give you.
5. It's easy to lose retainers! This is especially true at mealtime, so never wrap your retainer in a napkin as you are likely to throw it away. It's no fun looking through the garbage for your retainers! Again, place the retainers in the plastic case so you won't be tempted to hide them from view. **If you do lose or break your retainers, there is a charge of \$250 each to replace them.**
6. Dogs and other animals love chewing on retainers if they can get at them. To help prevent a pet's curiosity, place the case containing your retainer in an out-of-reach spot where the animal cannot get to it.
7. The retainers don't do well if they get too hot. They won't melt but they can warp and it won't fit you properly. Please don't place your retainer anywhere they get much hotter than your body temperature. So, don't boil them, place them in the dishwasher or even bleach them in an attempt to sterilize them. If they need a good cleaning, we recommend soaking them with "**Retainer Brite Cleaner**", which is available for you at our office.
8. The retainers need to be cleaned every day so that they don't get grungy and dirty. Fortunately, cleaning your retainers is easy; just brush them with your toothbrush right before or after you've brushed your teeth. Once every week to two weeks you can soak your retainers with a ½ tablet of "Retainer Brite Cleaner" for no more than 15-20 minutes. Be sure to thoroughly rinse your retainers after.
9. If your retainers have wires on them, please don't try to adjust the wires yourself. If a wire doesn't seem to be fitting properly, call our office so that Dr. Wheeler can help you out.
10. If you are still losing your baby teeth and your retainer isn't fitting well or is causing discomfort, we can adjust your retainer so that it fits during your transition to permanent teeth. Just give us a call!

Your retainer(s) are just as important as your braces! Please remember that keeping your teeth straight is really very easy but is also a lifetime commitment.

Dr. Wheeler will see you in a few weeks to see how you're coming along with your retainers and then we'll check you periodically thereafter, although with more and more time between appointments. If, however, you ever have any problems with your retainers between visits, be sure to let us know, we're here to help. **We are just a phone call away (951-0151).**