

# Clear Retainers



Congratulations! Your orthodontic care continues for 24 months to observe your retainer wear. Now that you have a new smile, let's keep it nice! You have been fitted with clear appliances called retainers that hold, or retain, your teeth in their proper positions. It is extremely important that you wear these as instructed or your teeth will move back to where their original positions. These are made of durable plastic, but they should be handled with care to avoid breakage. There's a charge for broken and lost retainers or for replacing retainers that do not fit due to not wearing them as directed.

## Things to Remember

1. Your teeth may be uncomfortable for one or two days.
2. Speech may be affected temporarily as you adapt to wearing them. A fine nail file may be used to smooth rough or irritating edges.
3. Wear your retainer(s) 12 hours per day until instructed otherwise. Wearing them at home in the evening and during sleep reduces the chance of losing them.
4. Keep retainer(s) clean with a toothbrush, cool water, and soap.
5. Keep retainer(s) in the case provided when not being worn.
6. **PETS WILL DESTROY RETAINERS!** Keep them out of their reach.
7. Excessive heat will warp and ruin your retainer(s), so don't leave them in a car on a hot day or place them on a hot surface.
8. If you become ill, soaking your retainer(s) in Listerine may reduce the chances of reinfection.
9. Bring your retainer(s) to each appointment. If your retainer(s) get lost or broken, or don't fit correctly, **CALL OUR OFFICE IMMEDIATELY** to have an evaluation for replacements to keep your smile great! 757.253.1200

