

## Retainer Instructions

### Instructions for removable retainers

Retainers are to be worn full time **24hours/7days a week for the first 4 weeks** and then usually 8hrs/day (during sleep) afterwards upon recommendation from Dr. Doshi

- They are to be removed only to eat, brush, and during sports
- **Always keep your retainer in its case** when it is not in your mouth to avoid losing it and do not roll your retainer up in a napkin at lunch. This is the most common way they get lost
- Only use light finger pressure to put your retainer on and never bite your retainer into place or it may break
- Any speech issues with your new retainers usually gets better after a few days
- Keep away from pets (dogs)!



### Cleaning Your Clear Essix Retainer

- Rinse your retainer with cold water only (never hot/warm)
- To clean your retainer use a regular toothbrush and water and brush gently to remove any debris

### Instructions for Bonded Lingual Retainers

- If a wire is glued onto the back of your teeth care must be taken to maintain the wire. Hard, crunchy or tough foods can break the wire.
- You must floss around the wire using either floss threaders or regular floss.
- If any glue falls off the wire or you feel your wire is loose, call our office immediately to have it repaired.



### Important Information

- If you do not wear your retainers as instructed your teeth **WILL MOVE** and shift out of alignment
- If you miss a night, wear your retainer full time afterwards. This may cause your teeth to become sore for a few days but it should make your teeth realign
- Always bring your retainers to all your appointments so that we can check the fit and make necessary adjustments
- If you lose your retainer or if it breaks call our office **immediately** to have another set made
- Extra charges can be incurred for lost/broken/damaged retainers