

## ***Congratulations your Braces are finally off!!***

### **Retainer Care**

1. Make sure the retainers fit properly. Wear your retainer at all times, except when eating and brushing
2. Retainers should not be off for more than a few hours.
3. Clean your retainer with toothbrush and toothpaste. Soak them in EFFERDENT cleanser (or any other denture cleanser)
4. Avoid high temperatures such as sunlight and hot liquids (coffee, tea, hot soups, etc.) which will cause the retainer to deform and lose shape.
5. Please keep retainer away from pets, silly as it may seem, pets may chew and swallow the retainer.
6. When not wearing the retainer please keep in retainer box. The most common way to lose retainers is putting it in a napkin and accidentally thrashing it, so please keep it in the retainer box, labeled with your name and phone number.
7. Do not wear retainer while swimming or while playing contact sports.
8. Sometimes you will have a fixed retainer in addition to your removable retainer.

Retainers should be worn:

- For the 1<sup>st</sup> 6 Months - At all times
- Following 6 Months - Only at night
- After 1 Year – 2 or 3 nights a week
- We recommend the retainers to be worn as long as necessary and preferably replaced every 3-5 years.
- Make sure that your wisdom teeth are removed after the age of 16.

***We recommend the retainer should be worn as long as necessary.***

***Take care of your retainer!!***