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**RETAINER INSTRUCTIONS**



**DO:**

- Wear your retainer\_\_\_\_\_ hours per night or as instructed otherwise by the doctor.
- Clean and brush your retainer **before** storing it in the case. This will prevent unpleasant odors and discoloration of your retainer.

**DO NOT:**

- DO NOT put the retainer anywhere but IN THE CASE when it is not in your mouth.
  - DO NOT wrap your retainer in a napkin when eating, or leave it where a pet can get to it because they WILL eat it!
  - DO NOT place the retainer in your pocket or in your purse unless it is in its case.
  - DO NOT clean your retainer with anything but Efferdent tablets or toothpaste.
  - DO NOT soak or clean your retainer with hot water – this WILL SHRINK your retainer.
- If your retainer is lost or broken, please call the office immediately. There will be a minimal lab fee for a new retainer.

**This retainer is so precise that the slightest movement of your teeth will cause it to be snug. If it feels as though it is not seating completely or if the retainer feels uncomfortably tight, your teeth are indicating that they want to move – so therefore, you need to wear your retainer 24 hours per day until it feels comfortable again.**

**This could take up to 2 weeks. If after 2 weeks of constant wear, the retainer still does not fit...please call the office and schedule an appointment for it to be checked.**

First 12 months = wear it nightly  
After 12 months = wear it every other night  
After 24 months = wear it as often as necessary  
to prevent it from becoming “too tight”

**\*Retainers should be worn occasionally by anyone who has unerupted wisdom teeth present and must be checked by the Doctor periodically.**

**\*Neither Doctor will ever tell a patient they do not have to wear a retainer!**