



Congratulations on completion of the active phase of your Orthodontics! You are now entering the Retention Phase. The next step to keep your teeth as straight as possible is to wear your retainers as instructed. Retainers are to be worn for the “rest of your life,” as long as you want to keep your teeth straight.

These retainers should last you at least 24 months each, if not longer, if you properly care for them. You only have to wear the retainer for 8-10 hours, this can be done while you're sleeping at night or during the day if you prefer.

- To clean the retainers, take a wet toothbrush and gently brush the inside and outside, and then rinse with cool water.
- You may soak your retainer in a denture cleaner, such as Efferdent, however, do NOT use hot water as the instructions say, as this could melt your retainer and distort the fit.
- Do not let your animals get a hold of the retainers.
- If the retainer is not in your face...it should be in its case!
- Do not eat, drink, or smoke with retainers in your mouth and please brush your teeth before and after wearing them.
- Always remove your retainer by the back molars, using equal pressure on both sides. NEVER remove your retainer from the front or with your tongue.
- Do NOT bite your retainer into your mouth. You will wear it out quickly and it can become distorted.
- If you grind or clench your teeth, you may wear through your retainers quickly and may require a night guard made.
- In the future, if you think a tooth is moving, wear your retainer 24 hours for a few days in order to move your tooth back into alignment.

You are now responsible for your teeth!! You have made a wonderful investment and we are sure you would like to keep your teeth as beautiful as they are today!