

ALIGNMENT TRUTAIN RETAINER INSTRUCTIONS

Please follow these instructions for the care and maintenance of your retainers:

ORTHODONTIC CLEAR RETAINER INSTRUCTIONS

1. Your new retainers are to be worn full time *every day*. It is very important that you wear them *24 hours each day* to obtain optimum movement.
2. Dr. Lepetich has provided a retainer case to store your retainers when they are out of your mouth. Retainers are easily lost, damaged, or broken if not placed in the case. If you have pets, **always** keep retainers in the case when they are not in your mouth. It is also recommended that you place the case into a drawer as pets can also chew through the case.
3. Your retainers need to be cleaned each morning after you remove them from your mouth. Hold the retainers in the palm of your hand and gently brush with toothpaste and **cold** water. (Do not use warm or hot water)
We also recommend you clean your retainers daily (or at least 3-4 times per week) using a Denture Cleaner. Follow the instructions on the box for the length of time. Make sure the solution is room temperature prior to soaking your retainers.
4. Never expose your retainer to heat. This can change the shape of your retainer and it may not fit properly.
5. Your Orthodontic Assistant will demonstrate the proper way to insert and remove your retainers. (Remember to remove retainer by loosening it off the back teeth on either side and do not pull on the retainer in the front of the mouth. Doing so may cause the retainer to tear).
6. Please bring your retainer to your Retainer Check appointments.

If your retainers become broken or lost call the office immediately. When you are not wearing your retainers as instructed your teeth can shift and change position quickly!
Be very careful! There is a **fee** to **replace a lost or broken retainer**.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO
PHONE OUR OFFICE!**