



ORTHODONTICS

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RETAINER WEAR

Retainers should be worn 24 hours a day for 6-12 months after your braces have been removed. You will gradually reduce wear to nights only. Failure to wear your retainers can lead to relapse.

A FEW TIPS FOR TAKING CARE OF YOUR RETAINER

1. Brush your teeth and your retainer after each meal.
2. Soak retainer in denture cleaner once a week.
3. Never put retainer in the dishwasher or use hot water.
4. Do not leave your retainer near small children or pets.
5. Never wrap your retainer in napkins or tissue. If the retainer is not in your mouth, it should be in your retainer case.

Retainers are made from high-quality materials and with proper care they will last the length of your retention phase. If your retainers are lost or broken, there will be an \$85 charge for the first replacement. Any additional replacements will cost \$170 each.

**CONGRATULATIONS ON YOUR BEAUTIFUL NEW SMILE AND REMEMBER:
ALWAYS WEAR YOUR RETAINER!**