

RETAINER WEAR AND CARE

1. Wear your retainer as instructed. Be honest. You are the one who is responsible for your teeth now!!
2. Other special instructions:

Wear at all times, except during eating, contact, water, or snow sports.
3. After eating, brush your teeth and retainer.
4. Twice a week, soak your retainer in a denture tablet solution.
5. Speech may be changed during the first few days, but will return to normal as soon as your mouth adjust to your new retainer.
6. The SAFEST place for you retainer is in your mouth. However, during those times when you are not wearing it, keep it in the case provided so that it does not get lost or broken.

NEVER:
 1. WRAP IT IN A NAPKIN!!
 2. PUT IT IN YOUR POCKET!!
 3. LEAVE IT WHERE CURIOUS PETS OR CHILDREN CAN GET THEM. (DOGS LOVE TO CHEW THEM UP!!)
 4. NEVER LEAVE IT IN THE CAR!!
 5. DO NOT PLAY WITH IT IN YOUR MOUTH!!
7. Call the office immediately for an appointment if your retainer becomes lost or broken
8. Retainer supervision is included in the original treatment fee for 1 year. Appointments after that time have an office visit charge of \$40.