



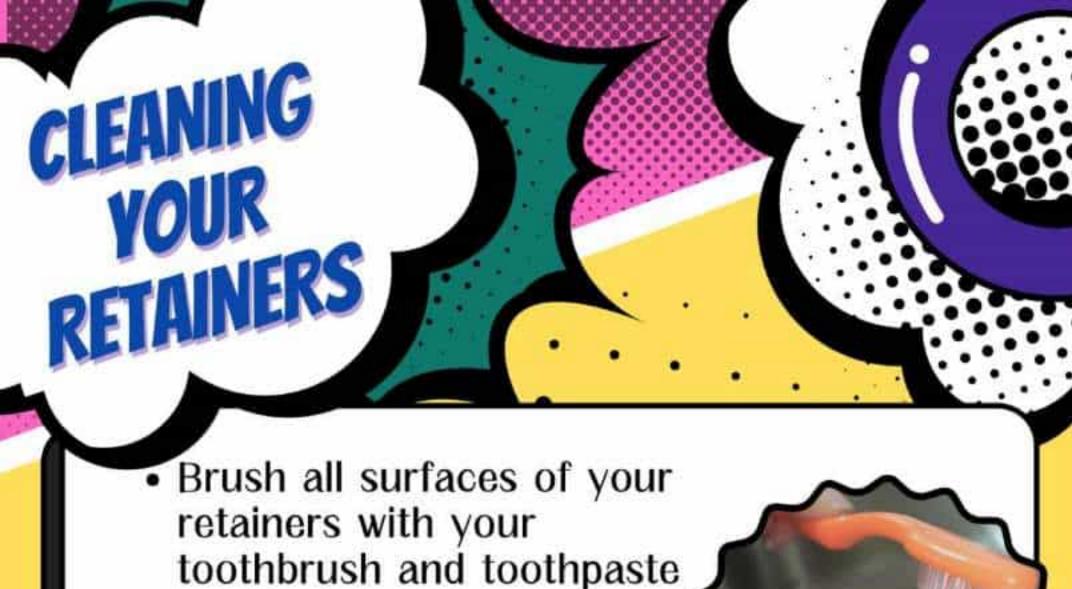
Put them in your pocket without the case

 Put your retainers on a lunch tray or restaurant table

 Set them down where your dog can reach them. They will become your furry friend's most expensive chew toy!

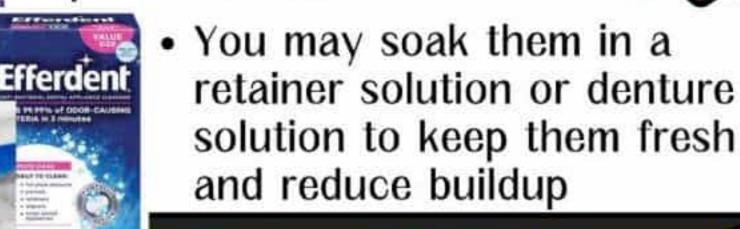
Kids, remember your parents did something very special for you that took a lot of time and money. Pay them back by wearing your retainers well and taking good care of them.

Nobody wants to work a summer job or pay for Round 2 of orthodontic treatment when you're an adult!



toothbrush and toothpaste or mild handsoap when brushing your teeth

 Rinse and dry your retainers before placing them in your case. This will help reduce odors



- Soak your retainers in any harsh chemicals like mouthwash, alcohol, hydrogen peroxide, bleach or ammonia. These will discolor and degrade the metal and plastic
- Place your retainers in/near anything hot, like in boiling water, a dishwasher, washing machine, curling/flat iron or a hot car on a hot Florida Summer day. This will warp or melt the plastic

# HONTO WEAR

Wash your hands or hand-sanitize

 Pull gently and evenly on both loops of the front wire or pull from the tongue-side plastic to remove

### DO NOT

 Pull just from one side or yank hard on the wire. This can lead to bending or breaking of the wire and unwanted tooth movement

 Use your fingers to firmly seat your retainers in place. The plastic should touch the tongue side surfaces of the teeth, but may not fully touch the palate. You will feel the clasps over the chewing surfaces of your teeth when they touch

### DO NOT

- Chomp down or bite your retainers into place. This will break them
- Click them in and out with your tongue. This will loosen them up and/or break them

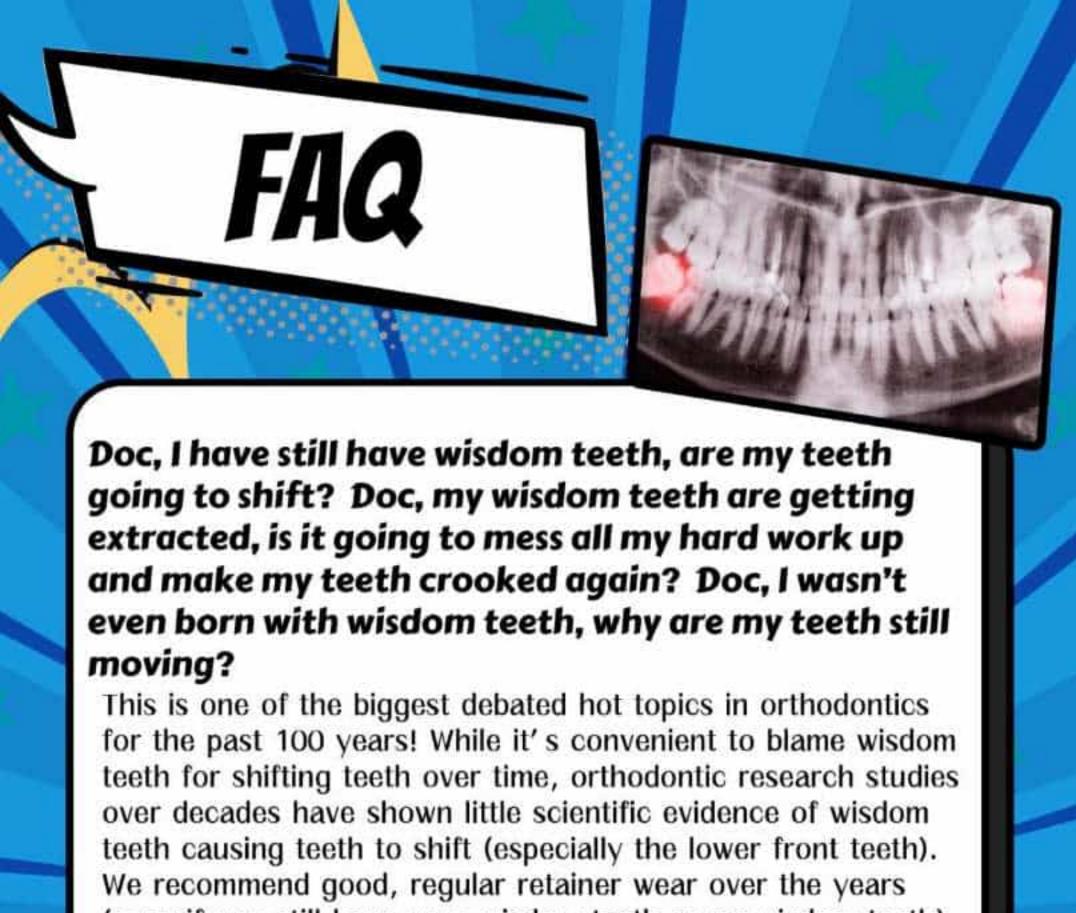


## Doc, How long do I have to wear my retainers?

Remember, shift happens! As you continue to age and use your teeth, your teeth will wear and have the tendency to shift. Continue wearing your retainers regularly to minimize movement. Even a few nights a week as you get older goes a long way to prevent major relapse. Even with excellent retainer wear, over the decades your teeth will move. Small shifts in your teeth don't always mean you need orthodontic retreatment. If your retainers ever start feeling really tight, that is your cue you may need to increase your retainer wear. Even if you're old and gray, keep up your regular retainer wear if you still care about keeping your teeth straight.

# Is there anything else I can do to help keep my teeth straight?

Continue good home oral hygiene and seeing your general dentist and/or periodontist regularly throughout your lifetime. Maintaining healthy teeth, gums, and bone support and avoiding periodontal disease and gum inflammation helps provide a strong foundation for keeping your teeth straight. This is especially true for those orthodontic patients who have naturally short roots or have had some root resorption/root shortening during your orthodontic treatment or have had previous periodontal (gum and bone) loss.



(even if you still have your wisdom teeth or no wisdom teeth). Don't give yourself too long a break without popping your retainers in after wisdom tooth removal, and continue to have any wisdom teeth present monitored by your general dentist over time.

### What should I do if I lose my retainer, if they break, or took a break and have a hard time putting them in or have shifting?

Call us during office hours right away. We will make an appointment and get you in to see the doctor. Bring your retainer with you if you still have it so the doctor can see what and where the issue is. If you need a set of new retainers, we will discuss the type and fee with you. Some retainers, especially ones with fake teeth on them may be more expensive to replace. If relapse/shifting has occurred, we will let you know if some clear aligners or retreatment with braces will be needed to get you straightened back out!

Please call us right away If you have any problems as small things are usually much easier and cost-effective to fix.



Some sports or activities may require you to remove your retainers or wear a mouthguard instead (basketball, football, soccer, Mui Thai, boxing, wrestling, swimming, running, singing in choir, playing an instrument in band, etc.) Please protect your beautiful teeth and smile and wear your mouthguard! Elbows, heads, and knees to your teeth can cause a lot of expensive damage. Make sure you put your retainer in your case and someplace safe (bookbag, locker, gym bag, instrument case, etc.) during these activities and put them right back in when you' re done if you are still on full-time wear.

What should I do if I get dental work and my retainer doesn't fit, have a tooth extracted, or an implant placed? Communicate any major restorative dental work to your orthodontist so you can work on a plan for retention during and after your dental work which may include new retainers. If you have had dental work done and it affects the fit of your retainer, call the office right away so we can get you in to see the doctor to check and adjust the retainer as needed or take an impression for a new retainer. If a tooth has been extracted, sometimes we can modify your retainer to hold the space so the teeth around the extraction site don't shift.



