



# Dental Retainers – Care & Use Instructions

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## ✓ Initial Instructions (Receiving Your Retainer)

### 1. Wear as Directed

- Wear your retainer every night when you are sleeping. You may wish to wear it more often. At least remove it for eating. This will help extend the life of your retainer.
- Failure to wear it consistently may result in shifting of your teeth.

### 2. Initial Discomfort

- It's normal to feel slight pressure or tightness for the first few days.
  - Minor soreness of teeth or gums is also common and should subside quickly.
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## Care Instructions for Removable Retainers

### ● Cleaning:

- Your new retainer might absorb stains or odors, and accumulation of plaque, debris and stain on the surface. Clean both sides of the appliance with your toothbrush, hand soap and cool water on a daily basis every time you remove it. You can add a mouthwash as well to keep a minty flavor.
- Brush gently with a soft toothbrush (no toothpaste—it's abrasive).

### ● What to expect:

- Excess saliva may be present for a few days.
- You may find you have removed the retainer during the night. Please place it again the following night. Be patient, it may take a couple of weeks before you adjust to wearing the retainer.
- When the appliance is removed you may notice that your bite feels different for a few minutes. This is to be expected because of the relaxation of the jaw muscles. Move your jaw around or chew on sugarless gum for 5-10 minutes to let your teeth find their original position.
- adjustments will be needed until you are fully comfortable with your retainer.

### ● Storage:

- Always store your retainer in its case when not in use. Store it dry within your case.
- Never wrap it in tissue or place it in a pocket—it can be easily lost or damaged.

### ● Heat Warning:

- Do not expose to heat or hot water—retainers can warp and become unusable.

### ● Pets:

- Pets love to chew retainers—always keep them out of reach.



## Care Instructions for Fixed (Bonded) Retainers

- **Flossing:**
  - Use floss threaders or interdental brushes to clean under the wire daily.
- **Oral Hygiene:**
  - Brush carefully around the retainer to avoid plaque buildup.
- **Monitoring:**
  - Have your dentist or orthodontist check the bonded wire at regular visits.



## Call Us If:

- The retainer breaks, cracks, or no longer fits
- It causes pain or irritation
- You lose it or it's accidentally thrown away
- A fixed retainer becomes loose or detached