

## RETAINER CARE INSTRUCTIONS

### Follow these simple instructions to care for your retainers:

1. Always store your retainer in the case. Never put it in your pocket, or wrap in a cloth or napkin.... This usually leads to a broken retainer or one that accidentally gets thrown away.
2. Remove your retainer when eating.
3. Make sure to follow the doctor's instructions for wearing your retainer both day and night.
4. Remove retainers when brushing your teeth, and pay extra attention to the inside surfaces of your teeth that the retainer was touching.
5. Clean retainers thoroughly with toothbrush and toothpaste. Concentrate specifically on the side of the retainer that is in contact with your gums. Failure to clean retainers well can result in damage to your gums and teeth. Some patients like to soak their retainers in mouthwash for a few minutes each day.
6. When you first get the retainer, it may feel like you are biting on a wire in the back. After a couple of days this feeling should go away. Initially, it may feel like there is a space between an upper retainer and the roof of your mouth. As the retainer settles over a few days this feeling will diminish.
7. Don't flip the retainer with your tongue. This could damage the retainer and/or your teeth.
8. Put the retainer in with your fingers; don't bite the retainer into place - this will eventually damage or break it.
9. Use your best judgment regarding removing them for sports, swimming, singing, meetings, etc. If there is a significant risk that they will be lost or damaged if you continue to wear them while doing an activity, remove them and place in the provided case. Remember to replace them when you are done with the activity.
10. Your retainer is made out of acrylic, which is sensitive to heat. Do not subject the retainers to heat; they will distort and become unusable. This includes boiling them, putting them in the dishwasher, leaving them in a hot car, etc.
13. Keep the retainers away from dogs - they will chew on the retainers and break them.
14. Bring your retainers to each appointment for inspection.
15. Occasionally, a piece of acrylic will chip or break. As long as the retainer is still wearable, you can continue to wear it until Dr. Nizam can check it for you. If there is a sharp edge, you can use a nail file to smooth it off until a necessary repair can be performed.
16. If there is any part of the retainer that is pinching your gums, set up an appointment with me so that we can fix this for you.
17. It is OK to take the retainers out if you need to take them out when you are sick, just so long as it is not for an extended period of time.