



**Congratulations on the removal of your braces with the great new smile!**

## **Retainer Instructions:**

- **The retainer does two things :**
  - a) it holds the teeth in their new position
  - b) it tells the patient what is happening with their teeth. If retainers start to feel tight, they're not being worn enough and the teeth are shifting
- **The retainers need to be worn at night times only.**  
When the retainer is not in the mouth it needs to be in the case!
- **Big 4 ways retainers are lost or broken:**
  1. Wrapped in a napkin and thrown in the garbage
  2. Take it out of your mouth and put it in your pocket and sit on it
  3. Dogs are very attracted to the retainer and will eat it
  4. Never put in hot water or the dishwasher- it will distort it
- **Keep the retainer clean with tooth brush and tooth paste.**
- **If your retainers are lost or broken, there is a fee for a new retainer**

