

# Instructions for your retainer



## Congratulations!

You have finished your active orthodontic treatment. We hope you love your healthy and beautiful smile! Orthodontic care doesn't end once your braces or aligners are removed. Retainers play an essential role in stabilizing the new position of your teeth. The care of your retainers is essential to keeping your teeth in their healthy new condition for a lifetime.

## What to expect after your braces or aligners are removed

**Following the first two weeks:** We recommend you see your general dentist for a complete cleaning, exam, and any necessary dental work.



### Keep your dental molds

Should something happen to your retainer, your orthodontist will use these to have a new, perfectly fitting retainer made. If you have not received dental molds, you can disregard—some patients don't receive molds if additional tooth movement is needed.



### Keep your retainer safe

Protect your retainer from heat and pets. Avoid placing your retainer in a napkin while eating to avoid accidentally throwing it away!



### Replace your retainer when necessary

Even a well-made retainer will eventually wear out. If your retainer has deteriorated, feels different than it did when new, or is broken or lost, contact your orthodontist. Please bring your dental molds to the appointment so your orthodontist can create a new retainer. If you do not have these molds, you will need to schedule an appointment for new impressions.



### Clean your retainer regularly

Carefully scrub the retainer with a soft toothbrush and water at least once a day. We also recommend using Retainer Brite® cleaner tablets which are available for purchase at the front desk. Simply drop a tablet into a cup of warm water (do not use hot water, it can damage your retainers) with your retainer for 15 minutes.



### Wear your retainer every night

Retainers must be worn every night to avoid teeth shifting.



### Apply and remove your retainer carefully

When you put your retainer in, make sure it's securely in place. When removing it, loosen your retainer in several places and then gently dislodge it.