



RETAINER INSTRUCTIONS

WEAR & CARE TIPS

Congratulations on your new smile!

PLEASE BRING YOUR RETAINERS TO EVERY APPOINTMENT!

Wearing your retainers during the maintenance and retention phase is just as crucial as the work done during your active treatment.

Wear your retainers as instructed

_____ hours for Upper _____ hours for Lower

Key Care Instructions

- Remove to eat/drink anything sugary while wearing your retainer; water is perfectly fine.
- Always keep your retainer in its case when not in use- never leave it on counters or wrapped in a paper towel.
- Ensure your retainer is out of reach of pets!
- If your retainers are damaged or misplaced, please reach out to the office right away.
- Replacement cost: \$ _____ each (Subject to change as lab fees increase.)

Cleaning Your Retainer

- Brush with a toothbrush, toothpaste, and **cool water**.
- **Never** boil, squeeze, or soak in Listerine.

Important

If your retainer feels tight or you feel like your teeth are moving, that is a sign you **NEED TO WEAR YOUR RETAINERS MORE**. Please call the office so we can evaluate if an appointment is needed to see the doctor.

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