

# Retainers are the Key!



**ENGAGE**  
Orthodontics

## RETAINERS ARE FOREVER! Teeth are set in bone, NOT in stone!

Wear your Retainers **CONSISTENTLY** and **FOREVER** and your teeth will stay straight!

### TIPS for Wearing Removable Retainers:

- For the first week, wear your retainers 12 hours per day. Then every night to bed thereafter.



- When your retainer is not in your mouth, it should be in its case!! *Do not wrap retainers in a napkin* when eating as it may get thrown away...

**You don't want to have to garbage dig 😊!**

- **Dogs & other pets love to chew on retainers** and may even chew through your case to get at them. Be sure to keep retainers and cases in a high place or in a drawer away from your pets.



- Please be sure not to chew/flip/play with your retainers as this may cause excessive wear or breakage.



- DO NOT chew gum while wearing retainers; once gum is stuck on the retainer, it will not come off.
- If you feel a rough area on the edge of your retainer, use the fine side of a fingernail file/emery board to smooth that area.

### TIPS for Cleaning Removable Retainers:

- Brush your retainers every day immediately after removal with a toothbrush and toothpaste. Don't let spit/plaque harden on your retainer – you won't get it off....YUCK!
- To sterilize and freshen: Soak your retainers in water with a denture cleaner tablet (Efferdent) for a full day 1x/week (you can do this as often as you like).
- Do not put your retainer in the dishwasher or boiling water – it will melt and distort.

### Tips about Bonded Retainers (the wire behind your teeth):

- The wire is attached to your teeth only by glue, so the glue can wear down/break off and may need to be repaired or replaced overtime.
- Watch out for sticky foods that could break the glue off or bend/break the wire.
- Don't be afraid to brush well around and on the wire – brushing cannot pull the wire off!
- Take care with flossing – it is a little tricky at first, but once you get the hang of it, no problem! Just don't pull too hard with the floss in between the teeth or the glue could pop off.
- If the wire gets bent or broken, wear your removable retainer more often until you get it fixed. That will keep your teeth from moving unfavorably.

**If you lose or break a retainer, please call our office immediately as your teeth may start to shift.**

**There will be a charge for new retainers, so please be very careful!**