

Passive Retainer



- ◆ Your retainer is designed to hold your teeth in their present positions.
- ◆ Usually your retainer needs to be worn only at night while you are sleeping. You will be instructed if you need to wear it more frequently.
- ◆ You may experience some difficulty speaking with the retainer At first, but very soon the retainer will feel “at home in your mouth”.
- ◆ To clean: Remove the retainer very carefully and gently brush with your toothbrush and toothpaste as you do your teeth. You may also use a denture cleanser like Efferdent twice a week to soak and freshen your retainer. Make sure the water is COLD since any heat at all will distort the plastic.
- ◆ When the retainer is not in your mouth be sure to keep it in your retainer case and keep the case in a safe place away from animals and small children.
- ◆ Do **not** leave your retainer in a **hot car** or in a **pocket while laundering** because the heat will distort the plastic.
- ◆ **Always bring your retainer to your check up appointments** so we can make sure it is fitting properly.