

Retainer (Phase I)



- ◆ Now that your braces have been removed, you will have a retainer to hold your teeth in their new positions.
- ◆ Usually the retainer only has to be worn at night between Phase I and Phase II of treatment. You will be instructed if you need to wear it full time.
- ◆ As with anything new, you may experience some difficulty talking at the beginning, but very soon the retainer will feel “at home in your mouth”.
- ◆ To clean, remove the retainer very carefully and gently brush with a toothbrush and toothpaste, as you do your teeth. You should also use a denture cleaner, like Efferdent, at least twice a week. Make sure the water is **COLD**, since any heat will distort the plastic.
- ◆ When the retainer is not in your mouth, be sure to *keep it in your retainer case*. Retainers are very expensive to replace. *Dogs and younger brothers and sisters love to play with retainers so make sure to **keep the case in a safe place***.
- ◆ **Always** bring your retainer to your check up appointments so we can make sure it is fitting properly.
- ◆ **Do not** leave your retainer in a **hot car** or in a **pocket while laundry** is being done because the *heat will distort the plastic*.
- ◆ **If you lose a baby tooth or the permanent tooth erupts and your retainer is not fitting well, please call the office for an appointment to check and adjust the retainer. Please do not stop wearing the retainer without contacting our office first.**