

SPRING RETAINERS



- ◆ The spring retainer given to you is an active retainer. It is moving your teeth into new positions.
- ◆ The retainer must be worn **full time** until otherwise instructed by Dr. Wohlgemuth.
- ◆ You may have some soreness for the first few days. Usually Advil or Tylenol will alleviate any discomfort you may have.
- ◆ 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 at all 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 or 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.

Keep in mind that each visit is
one step closer to a brighter smile