

## Trutane Passive Retainer



- Now that your braces have been removed, you will be wearing a Trutane retainer to hold your teeth in their new positions.
- Usually the Trutane retainers are worn full time unless instructed by Dr. W to wear at nighttime only.
- To clean, remove the Trutane retainer **very carefully** and **use soap, water, and Q-tips**. You can also use a denture cleaner, like Efferdent, to freshen your retainer. Make sure the water is **cold**. **Any heat at all will distort the plastic**. **Do not** use toothpaste or toothbrush on this retainer as it will dull the brilliance of your retainer.
- When the retainer is not in your mouth be sure to keep it in your retainer case. Retainers are very expensive to replace. Dogs chew on 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.
- If your Trutane retainer has **pontics** (plastic teeth), you will be given a spare retainer. **Please let us know if you lose or break one**.

**KEEP IN MIND THAT EACH VISIT IS ONE  
STEP CLOSER TO A BRIGHTER SMILE!**