



RETAINERS

A retainer is a dental device designed to hold your teeth in place. Some retainers may be designed to move teeth slightly. Retainers are custom-made, removable devices that can only be fitted and delivered by a trained professional.

Wearing your retainer as directed is extremely important! Teeth have a tendency to drift from where they are moved. This relapse risk is especially high right after braces have been removed. Unless you are told differently, you should wear your retainer all the time for the first 4-6 months after your braces are taken off. Eventually, you will be able to reduce your wear to nighttime only.

Always remove your retainer when eating and also when brushing and flossing. Retainers acquire plaque, food, and tartar just like teeth. It is a good idea to clean the retainer when you brush your teeth. You can also clean your retainer with denture-cleaning products, although you should never use those products in your mouth.

When it is not in your mouth, your retainer should be in a retainer case or sturdy box.

Never, ever wrap your retainer in a napkin or place it on a lunch tray.

Do not put the retainer in your pocket, purse, or backpack without a case.

Handle your retainer with care. The plastics and wires are delicate when not supported by your mouth and teeth. Do not expose your retainer to sources of heat, such as direct sun, hot cars, or very hot water. Keep your retainer away from children and pets.

If you lose or break your retainer, contact your student provider immediately. Teeth may begin to move without a retainer in place. **Please be aware that there is a charge for replacement retainers.** Several appointments may be necessary to make and deliver a replacement retainer. We can not mail or ship you a new retainer.