

REMOVABLE RETAINER

Wear & Care Instructions

FULL TIME FOR THE FIRST **6 Months**

- Take them out to eat, brush and floss — that's it!
- Full time retainer wear for the first 6 months is required to allow your teeth to stabilize after treatment.

And then every night for the rest of your life:

- Night time only wear to begin.
- Just like other parts of our body, our teeth undergo physiologic changes as we age. In order to maintain straight teeth for life, it requires retainer wear for life.
- Be sure to not “bite” your retainer in with your teeth. Your retainer will last longer and fit better.
- Remove retainers by placing your finger at the back of the tray and pull down/up. Place equal pressure on each side while removing your retainer.
- Daily cleaning of your retainer is necessary. Gently brush them with water—toothpaste is too harsh and causes clouding. Soaking retainers in denture cleaner (i.e. Efferdent) for 15–20 minutes is a great way to sanitize and clean them.
- You may ONLY drink water while you are wearing your retainers. Do not eat with retainers in.
- If your retainer isn't in your face, it's in your case! Keep retainers out of reach of your pets, as pets love eating retainers.
- Retainers are heat sensitive. Keep them away from hot/boiling water, the dishwasher, microwave, dryer, etc.

Not Fitting?

Call us for an adjustment.

Lost? Broken?

Call us. Teeth shift in a very short amount of time, we want to help you keep your new smile looking great.

Want Lifetime Retainers?

Please ask us!

If you are unsure or have any questions regarding your retainers, please call us at: **888.55.BRACES**
www.coolsmilesorthodontics.com



PHASE 1 REMOVABLE RETAINER

Wear & Care Instructions

WEAR AT **Nighttime Only**

If you are going on a trip for more than one night, please bring the retainer with you.

If you are going to spend one night with a friend who has a dog, DON'T bring it with you. Odds are your friend's dog will eat it, you'll lose it, or forget it there.

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Be sure to not "bite" your retainer in with your teeth. Your retainer will last longer and fit better.

Remove retainers by placing your finger at the back of the tray and pull down/up. Place equal pressure on each side while removing your retainer.

Daily cleaning of your retainer is necessary. Gently brush them with water toothpaste is too harsh and causes clouding. Soaking retainers in denture cleaner (i.e. Efferdent) for 15–20 minutes is a great way to sanitize and clean them.

You may ONLY drink water while you are wearing your retainers. Do not eat with retainers in.

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