

Retainer Care

CONGRATULATIONS on your amazing smile! You put in a lot of work and effort, and now it's important to protect your smile with RETAINERS!

Did you know that teeth can move throughout our lifetime? The retainer's job is to keep your teeth in good alignment and to maintain your awesome smile for your whole life.

RETAINER WEAR

- ▶ **1st Month:** 24/7. Wear your retainer during the daytime and at night while sleeping. Remove only to eat, and brush and floss your teeth.
- ▶ **2nd Month:** Wear 2/3 of the time (about 16 hours per day). Continue wearing it at night and part of the day.
- ▶ **3rd Month & Forever:** Night time for a lifetime (about 8-10 hours per day).



If you miss a couple days wearing your retainer and it fits tight, this means that your teeth have shifted slightly. Wear your retainer 24/7 again until your retainer feels comfortable. You may experience a little soreness as the retainer moves your teeth back into alignment.

HAWLEY RETAINERS

Need to be tightened regularly. Check the tension by squeezing the wire gently at least once a month, as you were shown at Dr. Pickard's office.



LOSS OR BREAKAGE

Contact our office or an orthodontist near you immediately to reduce the risk of your teeth shifting. There is a fee for broken or lost retainers, and if you wait too long, additional orthodontic treatment may be required to move teeth back into alignment.

DAILY CLEANING & CARE

1. Use cool or warm water (do not use hot water), and brush your retainers with hand soap. Avoid using toothpaste which contains abrasives that will scratch your retainers.
2. After brushing, you may also soak your retainers in Denture Cleaner for a few minutes.
Retainers will develop plaque and odor if they are not kept clean daily due to bacteria build up.

AVOID HEAT

Never leave your retainer in a hot car, leave it by the stove or other type of heater. Do not put it in boiling water. It will melt!

PETS

Keep retainers away from all animals; dogs, especially, enjoy using retainers as chew toys.

Please contact our office if you have any questions or concerns:

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