

LEARN ABOUT
PHASE 1 RETAINERS



What They Do

- Retainers keep teeth in place and help maintain expansion after braces/expander is removed.
- Wear your retainers at least 12 hours/day - this includes at night when sleeping.
- When your retainers are not in your mouth, put them in a case in a safe place.

Maintenance

- Use clear antibacterial hand soap with a toothbrush to clean daily.
- Retainer cleaner or denture cleaner can be used to soak your aligners for 15 minutes once or twice a week.
- Do not use toothpaste or mouthwash - this can scratch or stain the retainers.

DO NOT

- Eat or drink with them in (water is fine)
- Allow your pets near them
- Wear during active sports
- Wrap them in a napkin
- Put them in your pocket

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Next Steps

- You will have a scheduled check-up in about 2 months.
- If you have a problem earlier, please call to schedule an appointment sooner.
- This is not "forever retainer". Over time, it will stop fitting because you outgrow it, you lose more baby teeth, or the retainer wears out.
- It is in your best interest to wear the retainer for as long as possible, but it will not last forever and may not be worth investing in a replacement.
- The main goal of Phase I is expansion, not to have perfectly aligned teeth. You will continue to be seen for occasional growth checks until you are ready for Phase II.

***If they are not in your face they
are in your case!***

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