

## 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.

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### **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.

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### **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



## Next Steps

- If you have a problem with your retainer, please call the office to schedule an appointment.
- This is not a “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 a minimum of two months. If the retainer breaks, gets lost, or is no longer fitting before the two month mark, please give our office a call.
- After the two month mark, if the retainer breaks, gets lost, or is no longer fitting, it may not be worth the investment to replace the retainer.
- 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.

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

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