

LEARN ABOUT

RETAINERS



What They Do

- Retainers help keep your teeth in place after braces are removed.
- Not wearing your retainers can allow tooth movement.
- You will wear your retainers full time (22 hours per day) for 6 months, and then night time indefinitely.
- Do not bite them into place or play with them with your tongue.
- When 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.
- Putting retainers into a clean mouth will keep them clean.

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DO NOT

- Eat or drink with them in
 - Allow your pets near them
 - Wear during active sports
 - Put them on a lunch tray, plate, or in a napkin
 - Put them in your pocket
 - Leave them in the heat (hot car, boiling water)
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***If they are not in your face
they are in your case!***

If your retainer is loose or not fitting, causing soreness, or is lost or broken, call to schedule an appointment.

WWW.DEHAANORTHODONTICS.COM

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