

Instructions for Removable Retainers

1. Wear your retainers 24 hours a day. Missing time with your retainers may allow your teeth to move.
2. You should take your retainers out when you eat, brush your teeth and play sports. Always keep your retainers in the case when you are not wearing them. Keep your name and phone number on the case. (You may eat with your retainers in your mouth if you do not have a safe place to put them.)
3. Do not chew gum while wearing your retainers.
4. Brush your retainers every time you brush your teeth. Clean your retainers daily in denture cleaner or Fresh Guard. A 5-10 minute soak product is best. Use luke warm, not hot water. Heat may distort your retainers.
5. Never wrap your retainers in a napkin or leave them on a lunch tray. It is easy to forget and throw them away. Retainer replacements are EXPENSIVE and new impressions will need to be taken.
6. Keep your retainers away from dogs and cats. They like to chew them.
7. Do not leave them in your pockets. They will melt in the clothes dryer.
8. Do not wear them skiing, boating or swimming. They can get lost in the water.
9. Call Dr. Himelhoch's office if you are having any trouble with how your retainer fits in your mouth. They are often very easy to adjust.
10. Call immediately if you lose or break your retainers. Too much time without retainers will allow your teeth to move.