

Instructions for Clear Retainers

1. Wear your retainer(s) as instructed. _____. Remove them only to eat and brush your teeth. Missing time with your retainer(s) may allow your teeth to move.
2. Always keep your retainers in the case when you are not wearing them. Keep your name and phone number on the case.
3. Brush your retainers every time you brush your teeth. Clean your retainers daily with Fresh Guard. A 5 minute soak product is best. Use luke warm water, not hot. Heat may distort your retainers.
4. Keep your retainers away from dogs and cats. They like to chew them.
5. Do not leave them in your pockets. They will melt in the clothes dryer.
6. Call Dr. Himelhoch's office if you are having any trouble with how your retainer fits in your mouth.
7. Call immediately if you lose or break your retainers. Too much time without retainers will allow your teeth to move.
8. Do not leave them in the car nor wash them in hot water. The heat will distort them.