

Removable Orthodontic Appliances and Retainers

Please be sure to wear your retainer/appliance 24 hours a day, including sleeping. Remove only when you eat, brush your teeth, or play active sports. As soon as you have finished eating, brush your teeth. Then carefully clean your retainer/appliance by brushing it with your toothbrush. If it begins to look stained or has an odor, you need to clean it more thoroughly. Over the counter denture cleaners also work well and can be purchased at any drug store.

NEVER USE HOT WATER OR BOIL YOUR RETAINER/APPLIANCE

Please be gentle when removing and replacing the retainer/appliance. Never bite it into place. Avoid flipping or playing with it with your tongue – this can lead to distortions. Your speech may be affected for a day or so. Reading aloud for a few minutes usually helps. The plastic taste sometimes found in new retainers/appliances will disappear in a day also.

REMEMBER – WHEN NOT WEARING THE RETAINER/APPLIANCE – IT SHOULD BE STORED IN THE CASE AND IN A SAFE PLACE.

Please don't put your retainer/appliance in your pocket or leave it lying around. Small children or pets can chew on it, break it, or carry it away and lose it. Don't wrap your retainer in a napkin or tissue when its out of your mouth – someone might throw it out!

Clear plastic retainers are very delicate and must be handled with extra care. Patients with fixed wire retainers need to adhere to the same diet that they used with braces and need to keep those areas extra clean.

If your retainer/appliance is distorted or does not feel right, please call the office for an immediate appointment.

If your retainer/appliance is broken or lost, there will be a fee to repair or replace it. Currently, that fee is \$ _____

Patient's/Parent's signature _____ Date _____