

RETAINER INSTRUCTIONS

Congratulations on getting your braces off! It has been a long journey for you, and we hope you enjoy your beautiful new smile. It is important to know that retainer wear is critical in maintaining your beautiful smile forever. These are the commonly asked questions about wearing your retainer.

Do I have to wear the retainer(s) forever?

- **YES.** We recommend you wear your retainer(s) **EVERY SINGLE NIGHT (minimum 8 hours/day)** after braces are removed. After 5 year, you can decrease the retainer wear to 2-3 times a week as long as your retainers fit well without any tight spots. But remember that you will have to wear your retainers as long as you want to maintain your straight teeth.

How do I clean my retainer(s)?

- Clean with cold tap water and toothbrush only. Do not place retainer(s) in a dishwasher, use toothpaste, or denture cleaner. If you wish, you can use dishwashing soap (like Dawn®) or a clear retainer cleaning tab from Amazon such as Retainer Brite® once a week.

Can I eat or drink with my retainer(s)?

- No. Not only your retainers can warp and stain, but you will increase the risk for cavities.

I just received my retainers, and they are very tight and uncomfortable.

- It is normal for your retainer(s) to be very tight and even make your teeth sore the first time they are worn. We recommend that you wear the retainer(s) **12-22 hrs/day (except for eating and brushing teeth) for the next 4 weeks** until they fit more comfortably. It is normal for your teeth to move slightly after the removal of the braces. You may take Tylenol or Advil for a few days if you wish to relieve discomfort.

I forgot to wear retainer(s) for a few nights. What should I do?

- If you skip a night or two accidentally, **please increase the hours of wear to 12-22 hrs/day for a few days**. However, remember that the first 5 years after brace removal is when your teeth are more prone to movement. This means that your daily retainer wear is extremely important. **If your retainer does not fit correctly, please call our office ASAP** so our doctors can give you further instructions. Incorrect retainer wear (not seating them all the way in) or inconsistent wear is the most common reason why your teeth move again.

I lost my retainer(s). Do I need a new one made?

- YES. **YOU NEED TO CALL OUR OFFICE AS SOON AS POSSIBLE.** Waiting even a few days may results in teeth movement. There is a fee for a retainer replacement. Please call our office for the most updated information on the fee.