

## YOUR REMOVABLE RETAINER

### 1. How long to wear them...

depends on what your orthodontist told you. Whenever you put your retainers in or take them out, your teeth may be sensitive to the pressure and hurt slightly. But don't worry, minor pains are only temporary because your teeth are moving. You should wear your retainers around the clock at the start so that your mouth gets used to them quickly. In the first days, it is not unusual to lose a retainer at night and find it in bed in the morning. Saliva production will also go back to normal if you wear your retainers regularly. And the more you practice, the easier it will be to speak with your retainers on.

### 2. Cleaning...

your retainers is very important, for this is the only way to keep them tasting OK, and to keep from putting "old" bacteria back in your mouth. So clean your retainers daily with a toothbrush and some toothpaste. Your retainers should take a "bath" twice a week, either with special cleaning tablets or in diluted vinegar water. Just place them in the "bath" of your choice for 1-2 hours and then brush them off with a toothpaste under running water. This way you can get rid of all deposits that don't come off during normal cleaning.

### 3. Storage...

of your retainers is nothing for jeans pockets or napkins. Your retainers have sensitive wires that can bend or even break in your pocket. You received a safe storage case as a gift from us along with your first retainers.

When the retainers are not in your mouth, for instance during gym class, they should be stored where they can dry rather than in the closed retainer case. Otherwise they can start to smell.

### 4. Appointments...

are important to keep or cancel in a timely manner, because we do not want to keep you or other patients waiting any longer than necessary. If you have any complaints, please call us for a visit outside your regular check-ups so that we can fit you into our schedule. In general you will visit us (always with your retainers, please!) every 6-8 weeks. Then we will check how diligently you have been wearing and caring for your retainers.

You can contact us at any time with questions, suggestions, and even critique.

### Your ADENTICS practice team