

## Guide to Caring For & Wearing Your Invisible Retainers

The number one reason of retainer loss is pets. If left out, animals will often chew up the appliances. Other causes of retainer loss are due to melting (placing the retainer too close to curling irons and hot curlers) or misplacement (from wrapping the appliance in a napkin that is mistakenly thrown away). To avoid these hazards, always keep your appliance in the case provided by your doctor.

The following are a few guidelines that will help you get the most benefit from your invisible retainers:

- Follow the instructions given to you by the doctor in regards to wearing the retainers.
- If you miss wearing your retainer for a few nights, wear the retainer full time and bite down to seat it fully. The teeth may be a little sore, but should realign in a short period of time. If they do not, call your doctor.
- Some people are more prone to teeth movement following treatment than others, for this reason it's important to wear your retainers nightly but also pay attention to how they feel when you put them in each time. A basic principle to follow is if you put your retainer in and it feels loose/comfortable, you're wearing it enough. If you put it in and it feels tight, you're not wearing it enough.
- Retainers should not be worn while eating. Do not chew gum – it sticks to the plastic.
- **Always bring your retainer with you for each appointment.**
- If your retainer ever becomes loose (if you can flip it out with your tongue), discontinue wear and call the office immediately. DO NOT throw away the retainer, save it to bring with you to the appointment your office will schedule.
- Clean with soap, water, and Q-tips. DO NOT brush the appliance with toothpaste, it dulls the brilliance and can wear away at the material.
- If an edge of the retainer rubs your gums, you may trim with scissors or file and smooth with an emery board. Call if you would like assistance.
- Never wrap your retainer in a napkin or other material, it makes it much more likely to mistakenly throw away. Store the retainer in the case we supplied, when out of the mouth.
- If lost, call us immediately.
- You may wear the invisible retainer during sport activities.

It is imperative that you adhere to your retention schedule. If the schedule is not followed, your teeth will shift to the extent that the results you worked so hard to obtain will be compromised. If this happens, a reapplication of the braces, with additional expense, will be involved. This can be avoided by simply wearing your retainers as directed. We will help you in any way possible to adhere to the retention guidelines. Please call the office if you have any questions.

\*\*\*\*\* PLEASE BRING RETAINERS TO EACH APPOINTMENT\*\*\*\*\*