

## A STAGE CLEAR RETAINER

Today, you are receiving an appliance called a "RETAINER" to help keep your teeth and jaws in place. The teeth want to shift back to their original positions and the retainer will help prevent this. Also, we don't want to lose the width gained in expanding your jaws.

- Wear your retainer **24 hours a day for 12 weeks**. You should **ONLY** remove it for eating and brushing. Following eating, brush your teeth and retainer using **COLD** water and toothpaste before putting it back in.
- A retainer case is provided. Please write your name and phone number on it. Brush the retainer before placing it in the case and follow one simple rule: If the retainer is not in your mouth, it must be in the case!
- Follow the daily oral hygiene routine for Invisalign or clear retainers on the last page of this document.
- After 12 weeks, you will have a follow-up appointment. At that time, the retainer will be worn at bedtime only (8-12 hours).
- DO NOT leave your retainer or case near any animals! **THEY WILL EAT THEM!** DO NOT wrap the retainer in a napkin or set it down on a plate or table. **IT WILL GET THROWN AWAY!** There is a fee for lost or broken retainers. Call us if this happens!
- Use only your fingers to put the retainer in and take it out.
- When removing, ALWAYS begin to pull the retainers from the back molars and work forward. Removing from the front teeth first can cause the retainer to crack.
- Never bite the retainer into place or use your tongue to remove it. This causes the plastic to bend and not fit properly.
- The retainer will become easier to place and remove after several days. It is normal for the retainer to feel loose. Please bring the retainer to all appointments.
- Once a day, for 15-20 minutes, you can soak the retainers in Efferdent, Polident, or any CLEAR or whitening mouthwash to keep them "fresh" tasting. Never soak them in colored mouthwash. The retainer will stain. On occasion, you can brush with OxiClean White if the retainer appears dingy. Make sure to rinse thoroughly.

### REMINDER

You will outgrow this retainer in 6-12 months as your jaws continue to grow, primary teeth fall out, and new permanent teeth erupt. Wearing the retainer for too long can actually restrict future growth of your jaws.

Phase 1 orthodontic treatment has specific skeletal, functional or dental goals. We cannot determine the final alignment of your teeth and bite until all permanent teeth erupt and growth is completed. Please keep in mind that a second phase of orthodontic treatment will be needed after all permanent teeth erupt. At that time, we will finalize teeth positions and address the bite. All details will be discussed at that time.

We are extremely appreciative that you have chosen our orthodontic practice for care. Our practice continues to grow through referrals from patients, friends, and family. We would appreciate a Google review if you are interested. Anyone completing a Google review will receive \$10 on their Rewards Card! On the next page, you can find QR codes to leave a review if interested.

## QR Code for each office location for Google Reviews:

Chippewa: <https://search.google.com/local/writereview?placeid=ChIJE7VFDsBzNIgROIi06odO-Wo>



Ellwood City: <https://search.google.com/local/writereview?placeid=ChIJ1b3HOjF4NIgR6YMFH93pb48>



New Castle: <https://search.google.com/local/writereview?placeid=ChIJZdmzvhyOM4gRSiOzo57o6Vg>



Center: <https://search.google.com/local/writereview?placeid=ChIJz5wUXCtvNIgRdsCUIlAbGo>



Ambridge: <https://search.google.com/local/writereview?placeid=ChIJe471OoRnNIgROJ-r9n1gGKQ>



Seven Fields: [https://search.google.com/local/writereview?placeid=ChIJ8-BbBXGINIgRBOBkW\\_9gnkg](https://search.google.com/local/writereview?placeid=ChIJ8-BbBXGINIgRBOBkW_9gnkg)



## DAILY ORAL HYGIENE ROUTINE – INVISALIGN OR CLEAR RETAINERS

### **Morning- after eating breakfast**

- Brush teeth and aligners/retainers with Spry fluoride free toothpaste
- Rinse mouth with Spry mouthwash
- Put a thin layer of Spry xylitol gel inside of your aligners prior to placing back on your teeth

### **Lunch- after eating lunch**

- Brush teeth and aligners/retainers with Spry fluoride free toothpaste
- Floss if needed to remove visible food particles

### **After school or work snack**

- Brush teeth and aligners/retainers with Spry fluoride free toothpaste
- Rinse mouth with Spry mouthwash
- Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth

### **After Dinner**

- Brush with Spry fluoride free toothpaste
- Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth

### **Night**

- Use Water Pik water flosser first to remove all debris and visible plaque
- Floss with dental floss to remove any plaque at the contact points of the teeth that the Water Pik cannot reach
- Rinse mouth with Spry xylitol mouth wash- spit but do not rinse with water.
- Brush with David's hydroxyapatite toothpaste. Spit but do not rinse with water
- Put a thin layer of David's hydroxyapatite inside of your aligners/retainers prior to placing back on your teeth

### **Immediately before bed**

- Remove aligners/retainers- do not rinse them
- ProBiora oral probiotic tablet. Chew and swish the tablet for 30 seconds
- Replace aligners/retainers

### **Reminder throughout the day:**

- Chew 1 or 2 Spry xylitol mints keeping the mint/saliva mix in your mouth and swishing for a minute. This also helps to seat the aligners/retainers. Do this a few times in the morning, afternoon and evening.

### **Bonus:**

- Xlear xylitol nasal spray- spray 2 sprays per nostril every morning and night after oral routine.
- More often if symptomatic.