

CONGRATULATIONS! You have come a long way! Today, you are receiving the final stage appliances called "RETAINERS". Your retainers will keep your teeth where we have moved them. The reason that you have to wear retainers is that teeth always have a tendency to shift back to their original positions. Retainers will help to prevent this. *It is very important to follow these instructions so that your teeth do not move out of place.*

DO'S AND DON'TS FOR RETAINERS WITH FAKE TEETH

DO wear your retainers **full time** for 8 weeks, **24** hours a day. *Remove only for cleaning.* When you go to bed at night, wear the retainer with the wire across the front. After 8 weeks are up, **DO NOT** wear either retainer at bedtime, as we do not want the roof of your mouth to be constantly covered.

DO **alternate between the two retainers during the day.** If you don't wear each of them on a regular basis, it will not fit properly and if something should happen, **you won't have a back-up retainer and will have to go without teeth until another retainer can be made.**

DO You will be given a retainer case and one simple rule to follow... **"If your retainers are not in your mouth, they must be in your case!!"**

DO be sure that your teeth are clean before inserting your retainers.

DO **care** for your retainers properly:

1. Brush your teeth and retainers with cold water, toothbrush, and toothpaste after every meal. **NEVER USE HOT WATER** (your retainers are plastic and may distort).
2. Once a day, you can soak them in *Efferdent, Polident, Listerine*, or any clear mouthwash for 15 to 20 minutes.

DON'T hesitate to contact the office if you have any questions or problems.

DON'T stick the retainers in your pocket without them being in your case.

DON'T decide on your own that you can stop wearing your retainers. *Remember, it took a lot of work to get this far and we don't want to go backwards now!*

DON'T put your retainers in hot water or direct sunlight. Heat will cause distortion and affect their fit.

DON'T **lose** or **break** your retainers! *Wrapping them in paper towels or napkins will invite loss or breakage.* **THERE WILL BE A FEE FOR ALL REPLACEMENT RETAINERS.** With proper care, your retainers should last through the entire retention phase.

If you should lose or break your retainers call the office immediately. **We are here to help you, so don't hesitate to call.**

Seem like a lot to remember? Please read this sheet several times and place on your refrigerator. Soon, caring for your retainers will be as easy as brushing your teeth!