

10 Top Things You Should Know about Your Retainer

1. We will see you 2 months after receiving your retainers for a final visit. This is covered under the original fee.
2. Retainers **DON'T** shrink- if yours gets tight it's because you haven't worn it enough.
3. If you **think** you ever hear someone in our office say, "you can stop wearing your retainers now," this is NOT correct.
4. Your dog will eat them.
5. If you lose a retainer, please call us immediately-don't wait until your teeth start to shift
6. **There will be a charge to repair or replace a retainer.**
7. **DON'T** chew on your retainers.
8. Always store your retainer in the case when the retainer is out of your mouth. **Best places to lose a retainer:** in a napkin or at the school cafeteria.
9. To clean your retainer, brush it each morning with a small amount of toothpaste. Retainer Brite or Efferdent may also be used. Do not clean retainers in boiling water. If it's too hot for your mouth it's too hot for the retainers. They will melt.
10. **Bottom line:** There is no such thing as permanent correction without permanent retention. That means that you must wear your retainer for as long as you would like your teeth to stay straight. *Night time for a Life time*

Please bring your retainers to all future appointments.