

The Do's and Don'ts of Retainer care

Do

- wear them 24/7 until directed otherwise
- take them out to eat or drink

- keep them clean
clear: nonscratch cotton
hawley: toothbrush

- call right away if you break or lose them

- keep them beyond reach of pets and young children

don't

- forget to wear them

- wrap them in tissue or place them in your pocket

- put them in hot H₂O or soak them in mouthwash

- try to adjust them

- flip them in/out with your tongue

Your teeth will move if you don't wear your retainers!

Like contact lenses, eye glasses, and other personal items, retainers can wear over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth.

There is a charge for lost or broken retainers so please be careful !