

## RETAINERS DO'S AND DON'TS

### Do:

- Wear retainers full time for the first two months.
- Clean your retainers day and night and rinse throughout the day.
- Take off your retainers before eating or drinking anything else besides water.
- Place your retainers in the designated case.
- Wear your retainers at night only after the first two months for 10-12 hours and after four months, wear them for 8-10 hours indefinitely.

### Don't:

- Do not stop wearing your retainers.
- Do not leave your retainers in the car.
- Do not wrap retainers in a napkin.
- Do not clean retainers with hot water.
- Do not leave retainers around pets.

### Cleaning Instructions:

- Clean with toothbrush and toothpaste (morning and night) and rinse with cold water.
- Make sure not to apply too much pressure when cleaning because it's plastic and can break.

**\*Teeth tend to move to the way they were before treatment if retainers aren't being worn. So if you lose or break them, make sure to get them replaced ASAP.\***

**\*\*There is a replacement fee for each retainer of \$250\*\***