

At Home Care Instructions: Retainers



Here are some home care instructions to help make your transition to retainers easier –

- Wear your retainers 12/14 hours at night.
- When your retainer is out of your mouth, make sure it is in its case. Avoid wrapping it up in paper towels and/or Kleenex - you or someone at home may throw it away.
- Make sure you keep your retainer away from any dogs or cats.
- Avoid putting your retainers in hot water, hot cars, dishwashers, washing machines – they are plastic and they will melt.
- If you stop wearing your retainers, your teeth will shift.

How to clean:

- Do not use toothpaste, it can scratch the material and cause bacteria to form which will start to stink and taste bad.
- Put a small amount of Listerine or dental cleaner in a small cup.
- Add a little bit of water to the cup.
- Drop your trays in the cup while you brush your teeth.
- After you brush your teeth, rinse the toothpaste off your toothbrush and then run your toothbrush over your retainers. This will give it a fresher taste.
- You want to do this in the morning and before bed.

If you have any questions, please contact:

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