

## RETAINER GUIDE

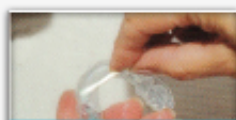
# And Cautions



Brushing with Toothpaste



Brushing with dish liquid



Non scratch cotton

### Optional cleaning aid for retainers



Cleaning Tablet

Insert floss beyond the retainer wire. ➡

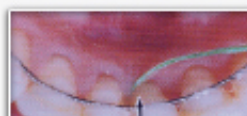
Gently clean sides of teeth and under gums with an up-and-down motion. ⬇



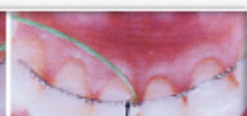
Floss



Threader



Floss the sides of teeth, right and left



Brush retainer, and gums

- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher, or on dashboard of a car.
- Plastic retainers can be damaged by soaking them in mouthwash.
- Keep retainers beyond the reach of pets and young children. Dogs and cats chew on retainers.
- Retainers can be broken if placed in a pocket or backpack.
- There is a charge to replace retainers, so please be careful.
- Like contact lenses, eye glasses, and other personal items, retainers can wear out over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth.



Going....



Going....



Gone!

Retainer

Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on the food tray.

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## RETAINER

# Guide



← Nice alignment maintained by Wearing Retainers as Instructed →



*Tooth movement from not wearing the retainer*



*Excellent Retention*



*Broken Bonding*



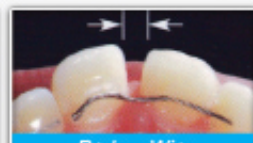
*Tooth Movement*



*Excellent Retention*



*Broken Bonding*



*Broken Wire  
Tooth Movement*



*Clear Retainers*



*Misalignment from not wearing the retainers*

## Your Teeth will move if you don't wear your retainers.

- Correction of significant tooth movement may require the time, effort, and expense of additional treatment.
- If a retainer is lost, broken, or feels different, promptly call our office during business hours. Never try to adjust a retainer.
- Vacations and summer camps will change your routine. These are high-risk periods for losing or not wearing retainers.
- When not wearing or cleaning your retainers, they should be in the retainer case with your name and phone number.

