

## Vacuum Formed Retainer(s) “Nighttime for a Lifetime”

The retainers you will be receiving are designed to retain (or hold) your teeth in their finished position. They are made of clear, thin plastic and will cover all your teeth. The plastic is very heat sensitive and should not be placed in hot water or exposed to any high temperatures (like in a hot car). When retainers are not in the mouth, it is strongly advised to put them in a retainer case.

**Wear as Directed:** A retainer is a key part of orthodontic treatment. Wear your retainer as directed by our office in order to maintain a healthy smile and prevent your teeth from moving back to their original positions.

**Keep it Clean:** Carefully brush and floss your teeth before retainers are placed in your mouth. Retainers should be brushed with cold water and your toothbrush at least 2 times a day. Avoid using toothpaste to clean your retainers because it can create micro scratches on the plastic and make your retainer appear cloudy. You should also soak your retainers in Retainer Bright at least once a week. Retainer Bright can be purchased in stores and on Amazon.

**Handle with Care:** If your retainer is not in your mouth, it should be in your retainer case. This will protect it from getting thrown away, stepped on or eaten by your dog.

**When to Call:** If you feel something is not right with one of your retainers or if you lose them, please call. Do not wait more than 2-3 days to prevent your teeth from shifting. Occasionally, retainers will be *recommended* to be replaced due to wear and tear. Restorative dental work can also cause retainers to not fit correctly and can result in the need for new retainers. Please note that your first set of retainers are part of your original orthodontic contract. There will be an *additional fee for replacement retainers*.

**Wisdom Teeth:** The best time to consider having wisdom teeth removed is between 16-18 years of age. We are always happy to refer you to an oral surgeon for extraction. It is important to know that your teeth can still shift after wisdom teeth extraction and we do recommend that you continue to wear your retainers.