

# RETAINERS

Now that we have removed your braces, it's time to begin the next phase of your treatment... retention. Wearing your retainers the prescribed number of hours will help ensure that your teeth do not move. It is common to speak differently as you adjust to your new retainers and your speech should return to normal within a few days.

## WEARING INSTRUCTIONS:

Dr. Drobocky recommends that retainers be worn full-time for the first 3 months, removing them only to eat or brush your teeth. We will reduce wear to nighttime only after 3 months and you will need to continue wearing them. Retainers are a lifetime commitment.

## CLEANING INSTRUCTIONS:

Be sure to brush your retainer each time you brush your teeth. Do not use anything abrasive to clean your retainers (like toothpaste), use antibacterial handsoap. Also, do not soak in anything other than Retainer Brite, which you can get from our office or any pharmacy. It's best to use cold water, as hot water may distort the retainers shape. Be sure to never boil this appliance, as its shape will be distorted.

## SPECIAL CARE:

Your retainer can be damaged if exposed to extreme heat. Avoid leaving it on the dashboard of your car. When you remove it to eat, place your retainers in the special case that we provided for you. Be sure not to wrap your retainers in a napkin near your food. It can easily get thrown away before you remember to put it back in your mouth. Do not leave your retainer laying around for an animal to pick up and chew on. With the fixed retainers don't bite directly into hard things such as apples and carrots. Cut them up and eat them with your back teeth.

## REPLACEMENT:

A lost or broken retainer will need to be replaced as soon as possible. Please call our office to schedule the necessary appointments. The first set of finishing retainers is included in the cost of treatment. There will be a replacement charge for any retainers that are subsequently lost or broken. In some cases, new scans may need to be taken. If your fixed retainer comes loose, please save it in your retainer case and call our office to schedule the necessary appointments.

**Be sure to ask about our  
Retainer Guarantee Program!**