

Retainer Instructions

1. You will wear retainer 24 hours for the first 3 months. After your 3 month check retainer appointment you will wear your retainer at night only.
2. You may remove the retainer while you eat and brush, then immediately put the retainer back in. Place the retainer in the case provided so you prevent loss or breakage. NEVER wrap your retainers in a napkin or anything but your retainer case. Do not chew gum with your retainer in! If you chew gum, remove the retainer for a short period of time then place it back in immediately.
3. You can properly clean your retainer with a tooth brush and tooth paste. Clean every night.
4. If your retainer ever gets a bad taste or odor, soak them in a denture cleaner such as Efferdent. Never soak in the retainer in hot water because it will distort the shape.
5. Your retainer will feel bulky and may affect your speech at first but in a few days it will go back to normal. If you have any other problems wearing your retainer, please call the office at 830-438-1110. DO NOT go without wearing them more than 24 hours unless otherwise instructed.
6. If you break or lose the retainer call the office immediately. We will get you in as soon as possible for an impression to make a new one or repair the broken one. The cost of a new retainer is \$175.00.
7. In case of an accident in which teeth are broken, loosened, or knocked out, call your family dentist immediately but ALSO call Dr. Smith to check the alignment of the teeth. This is important!

If you have any questions or concerns please feel free to call the office at

830-438-1110.