



RETAINER INSTRUCTIONS

- Wear your retainer 24 hours a day for the first month. This is a must! After the first month wear the retainer at night only.
- Take your retainer out only when you are brushing your teeth, eating or playing sports.
- Clean your retainer with anti-bacterial hand soap every time you brush your teeth.
- Clean your retainer with Efferdent or Polident in luke warm water every 1-3 days.
- Never wrap your retainer in a Kleenex, paper towel or serviette or put it in your pocket. No one looks in a Kleenex and it will get thrown away.
- There is a charge to replace your retainer if you lose it.
- If you crack your retainer bring it in, we may be able to fix it with the model that is in your box. Never try to repair your retainer yourself.
- If you have a problem with your retainer please give us a call, do not just stop wearing your retainer.
- **BRING YOUR RETAINER TO EVERY APPOINTMENT!**