

SHELL RETAINER

What does the shell do?

The shell retainer maintains teeth in their new position.

What does it look like?

The shell retainer is a thin layer of clear plastic that covers your teeth.

What are my responsibilities?

- Wear your shell 24 hours a day. Take it out to eat and drink. It will stain if you do not take it out.
- It is very fragile so please keep it in the retainer case when not wearing it. It is made of a very thin plastic and can crack easily.
- To clean it, hold it in the palm of your hand and scrub it gently with a toothbrush and toothpaste. Use cool water, not hot, as hot will distort it.
- Store in a cool place, as it can distort if left in a hot environment.

Please feel free to contact our office with any questions or in the event of appliance loss or breakage.



There will be a fee for lost or broken appliances.