

REMOVABLE RETAINER

What does it do?

Your removable retainer is an appliance carefully designed to maintain your teeth in their newly corrected position. The **key to remember** is your teeth will only stay in that position if you wear your retainer.

What does my appliance look like?

- This appliance is constructed of a wire framework that is covered with acrylic custom designed for your mouth.
- There are two types of clasps in the back part of the mouth designed for retention. You will have either Adams clasp over the 1st molars or C-clasps that go around the back of the 2nd molars in a C-shape. Your orthodontist will let you know what design is best suited for you.

How long will I wear this retainer?

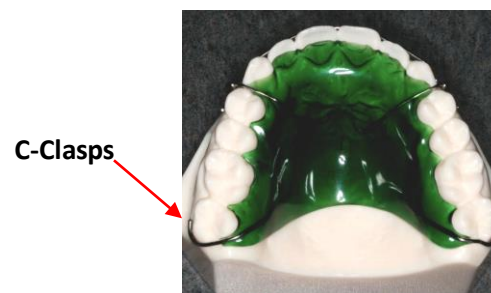
- We recommend a determined commitment to wear your retainer **at all times**, unless otherwise instructed by your orthodontist.

How will it feel?

- You may find your teeth feel loose or slightly sore for a few days after your braces come off. This will dissipate as your teeth settle. As well, you may experience some tenderness after each adjustment.
- You may experience a plastic taste, more saliva flow and a lisp when speaking for the first few days. Be patient, this will disappear once your tongue adjusts to the new appliance.

What are my responsibilities?

- Please handle all parts of your retainer with care to avoid damage or breakage. Careful **not** to remove retainer using the front wire only the back molar clasps as shown.
- **Avoid** using your tongue to play with or remove your retainer from your mouth. Your tongue is a strong muscle that can loosen, bend or fatigue the wires over time.
- It is important that you clean your teeth and retainer after eating. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never hot) to avoid distortion.
- **Always** use the case provided to store and protect your retainer when not in your mouth and keep your case in a cool area. **Never** wrap retainer in Kleenex, place it in your pocket, backpack or on a desk as this places it at risk for breakage or losing it.
- If you find your retainer in a rather undesirable place and you need to disinfect it, **DO NOT BOIL IT!!!** Soak it in (1part Bleach/10 parts Water) mixture for 15 minutes to disinfect it, rinse well with water.
- Keep out of reach of your pets. Dogs in particular are attracted to the smell of your retainer and love to chew them! It doesn't matter how small or cute they are!
- If you have dental work done, consult with your orthodontist as you may need to have a new retainer made depending on the dental work required.
- Please contact our office should your retainer become bent, loose, breaks or if it is lost.



An additional fee may be charged for broken or lost appliances