

How To Care For Your Removable Retainers

Why Do You Need to Wear a Retainer?

- ✔ Prevents teeth from shifting and collapsing
- ✔ Maintains the results of orthodontic treatment for the long term
- ✔ Helps ensure proper bite alignment, reducing issues with misaligned bites
- ✔ Lowers the risk of crowding or gaps forming after braces are removed

How Long Do You Need to Wear a Retainer?

- ✔ The more consistently you wear it, the better your teeth will stay in place.

Note: First 6 months - 1 year: Wear your retainer full-time (only remove it when eating or brushing your teeth).

- ✔ Regular dental check-ups are recommended to assess retainer usage and effectiveness.

How to Keep Your Retainer

- ✔ Always keep it in its case.
- ✘ Do not wrap it in tissue, as it can easily get lost.



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How to clean your retainers



Rinse immediately after removal Wash off any debris from the retainer as soon as you take it out.



Use a soft-bristled toothbrush with warm water Apply a small amount of toothpaste or dish soap and gently brush the retainer after every meal.



Use a cotton swab for hard-to-reach areas Clean deep grooves and crevices where a toothbrush may not reach effectively.



Do not soak in hot water or mouthwash, as it may cause the retainer to wear down.



Consider using retainer cleaning tablets Your dentist may suggest specialized effervescent tablets designed to remove stubborn stains and buildup