

How To Care For Your Removable Retainers

Why Do You Need to Wear Retainers?

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

How Long Do You Need to Wear Retainers?

- ✔ The more consistently you wear, the better your teeth will stay in place.
First 6 months - 1 year: wear your retainers full-time (only remove when eating or brushing).
- ✔ Regular dental check-ups are recommended to assess retainers usage and effectiveness.

How to Keep Your Retainers

- ✔ Always keep them in the case.
- ✘ Do not wrap in tissue, as they can easily get lost.



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Rinse immediately after removal

Wash off any debris from the retainers as soon as you take it out.



Use a soft-bristled toothbrush with warm water.

Apply a small amount of dish soap and gently brush the retainers after every meal.



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



For clear retainers, apply cleaning mousse to the outside and inside surfaces. Let them soak for 2 minutes, then brush them thoroughly.



Use a cotton swab for hard-to-reach areas

Clean deep grooves and crevices where a toothbrush may not reach effectively.



Soak the retainers in a cleaning tablet solution

for 3 - 5 minutes after brushing off any biofilm.



Soak the retainers in a 1:1 vinegar solution for less than 20 minutes, then brush and rinse to remove plaque.