

PROTECT YOUR INVESTMENT

RETAINER INSTRUCTIONS AND CARE

Included in your orthodontic treatment are two sets of retainers. Retainers are the most important part of your orthodontic treatment. Without your retainers, your teeth will begin to move back to their original positions. It is imperative that you follow these instructions or your teeth will move and require braces to re-straighten them.

- 1.) Wear one set of retainers **24 hours a day for the first six weeks**, taking them out only to eat and brush. Place your second set of retainers in a safe place and only use this set if your retainers become lost or damaged. Do not switch between the two sets of retainers. If you lose your second set of retainers call us right away to have a new set made for you.
- 2.) After the first six weeks of full time wear, retainers are to be worn **every night while sleeping for two years** (unless otherwise instructed by Dr. Cacchiotti). After two years retainers are to be worn every other night, or a couple nights a week. Whatever it takes to keep your retainers fitting comfortably.
- 3.) **NEVER STOP WEARING YOUR RETAINERS!** As long as you keep your retainers fitting well, your teeth will not move back to their original positions. Your retainers should fit comfortably if you are wearing them properly.
- 4.) To clean your retainers, softly scrub them with a toothbrush and toothpaste. It is normal for your retainers to slightly discolor over time due to silver fillings. However, to slow this process you can soak them in white vinegar, or Efferdent. You may also soak your retainers in mouthwash during the day to keep them fresh and tasting good.
- 5.) Retainers will melt or warp if they get hot. Do NOT place retainers in hot water, leave in the car or anywhere they will be exposed to heat.
- 6.) To prevent from losing your retainers while they are not being worn, always keep them in the case we have provided to you. Never wrap them in a napkin or paper towel. They will get thrown away.
 - Make sure retainers are always placed on clean teeth.
 - Avoid drinking any fluids containing sugar while wearing retainers.
 - Do not eat or chew gum while wearing retainers.
 - It is very important you bring both sets of retainers with you to all of your future appointments.
 - If at any time you have any **major** dental work done that may have altered the way your retainers fit, you need to call our office to make sure you do not need a new retainer made. Simple fillings do not usually require new retainers
 - Do not hesitate to call our office with any questions or concerns.

REMEMBER- THE KEY TO SUCCESS IS FOLLOWING INSTRUCTIONS! Lost, broken or misfitting retainers due to poor cooperation will necessitate a charge for new retainer's retainers. If you lose your retainers CALL OUR OFFICE AS SOON AS POSSIBLE TO HAVE A NEW PAIR DELIVERED TO YOU BEFORE YOUR TEETH MOVE!