

### Clear Retainer Instructions

YOUR RETAINER has been specially made from recent impressions of **your** teeth – it's been determined that all corrections achieved during your treatment should be **retained** and appliances for either your upper **or** lower arch (or perhaps, both) have been constructed! We do not want your teeth to return to the original positions they were in before you wore fixed appliances (braces). Retainers prevent this from happening by assisting your teeth to remain in their newly corrected positions.

You should be able to wear this retainer on a nightly basis. If the retainer feels a little tight, it will not hurt to wear it more! It will not be necessary to visit your Doctor's office as often as was required when you wore braces; however, this does NOT mean this final phase of treatment is unimportant! Special wearing instructions may be necessary and all office appointments must be kept to insure that your treatment is successfully completed!

You can brush your retainers with a liquid soap, NOT TOOTHPASTE because it will take away the effect of a clear retainer. If you get a "sharp" or rough spot on the retainer you can file it with a nail file to smooth it down.

Never squeeze the retainer with your fingers near the back teeth, you may cause the retainer to break at the front teeth! Never wrap your retainer in a napkin or put it in your pocket – always store it in your carrying case! Also, don't "flip" your retainer with your tongue – it's annoying to other people and can result in breakage! Finally, your retainer is **fragile** and should never be abused – any breakage may result in additional expense and EXTEND YOUR WEARING TIME!!!! **Remember**, the most ideal place to store your retainer is IN YOUR MOUTH!!!