



ROYAL ORTHODONTICS

ORTHODONTIC SPECIALIST FOR CHILDREN & ADULTS

RETAINER INSTRUCTIONS

WHEN TO WEAR YOUR RETAINERS

- RETAINERS ARE TO BE WORN **24 HOURS A DAY** FOR THE FIRST 6 MONTHS.
- THE SECOND 6 MONTHS, THE UPPER RETAINERS WILL BE WORN WHEN YOU ARE **AT HOME AND SLEEPING**.
- IF YOU HAVE A **FIXED (BONDED) LOWER RETAINER**, THE **CLEAR REMOVABLE RETAINER ONLY NEEDS TO BE WORN AT NIGHT**.
- IF YOU DO NOT WEAR YOUR RETAINERS, YOUR TEETH WILL MOVE!!

WHEN TO REMOVE YOUR RETAINERS

- YOU MAY TAKE YOUR RETAINERS OUT TO **EAT AND BRUSH YOUR TEETH**.
- **NEVER PUT RETAINERS IN A NAPKIN OR ON A LUNCH TRAY...THEY WILL GET THROWN AWAY!**
- RETAINERS SHOULD ALWAYS BE STORED IN YOUR **RETAINER CASE!**

CLEANING YOUR RETAINERS

- BRUSH YOUR RETAINERS WITH COLD WATER, TOOTHBRUSH, AND A COLORLESS TOOTHPASTE **EVERY DAY**.
- ONCE OR TWICE A WEEK YOU SHOULD SOAK YOUR RETAINERS FOR 1 HOUR IN EITHER A **CLEAR MOUTHWASH**, SUCH AS LISTERINE WHITENING, DENTURE CLEANER, OR A MIX OF ½ WHITE VINEGAR AND ½ WATER.
- FLOSS THREADERS, PROXY BRUSHES, AND A WATERPIK MAY BE USED TO CLEAN UNDER AND BETWEEN YOUR FIXED (BONDED) RETAINER.

ADJUSTING TO YOUR RETAINERS

- YOU MAY HAVE EXCESS SALIVA AND YOUR SPEECH MAY BE SLIGHTLY AFFECTED FOR THE FIRST FEW DAYS OF WEARING YOUR RETAINERS. **DO NOT TAKE THE RETAINERS OUT TO TALK!** THE MORE YOU WEAR YOUR RETAINERS, THE QUICKER YOUR SPEECH WILL ADJUST BACK TO NORMAL.

CARING FOR YOUR RETAINERS

- IF YOU GO TO THE BEACH OR THE POOL, TAKE RETAINERS OUT AND **LEAVE THEM AT HOME**.
- IF YOU PLAY CONTACT SPORTS AND HAVE TO WEAR A MOUTH GUARD, TAKE RETAINERS OUT, BUT **ALWAYS** PUT THEM IN THE CASE.
- IF YOU DROP RETAINERS ON THE GROUND **DO NOT PUT THEM IN HOT OR BOILING WATER**.
- YOU MAY NOT DRINK HOT LIQUIDS WITH RETAINERS IN YOUR MOUTH: I.E. COFFEE, TEA, SOUP, OR HOT CHOCOLATE.
- KEEP RETAINERS **AWAY FROM DOGS AND CATS**. PETS HAVE BEEN KNOWN TO CHEW THROUGH RETAINER CASES.
- IF YOU FEEL A ROUGH EDGE IN YOUR CLEAR RETAINER, YOU MAY USE A NAIL FILE TO SMOOTH IT DOWN.
- **BRING RETAINERS TO ALL RETAINER CHECK APPOINTMENTS**, SO THAT THEY CAN BE ADJUSTED IF NEEDED.

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ADDITIONAL INFORMATION!

