



CORNERSTONE ORTHODONTICS

# ORTHODONTIC RETAINERS

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- Please wear your retainers 24 hours a day for the first 6-12 months. After this initial period of full time wear you can switch to nighttime wear to maintain your smile. Remove your retainer only for eating and brushing.
- Please be gentle when removing your retainers. For clear retainers: use both hands to gently lift the retainers from the very back molars on both sides until your retainer gently lift off your teeth – do not ever remove the retainer from one side with one hand as it will lead to early breakage. For Hawley retainers: use both hands to gently push the retainers off your teeth using the 'U' shaped hooks on your canine teeth – do not pull from the straight center bow as it will loosen your retainer leading to unwanted tooth movement.
- Your speech will be altered by retainer wear but will gradually improve.
- Do not flip or play with your retainer with your tongue. This could damage your teeth and the retainer. If your retainer feels loose, please call the office to schedule an appointment for retainer adjustment.
- When playing active sports (football, soccer, wrestling), take your retainer out, wear a mouthguard, and return to retainer wear after the sport. When playing a wind musical instrument, remove the retainer.
- Keep away from heat to prevent warping. Keep your retainer away from pets.
- CARE for your retainer by cleaning it with white vinegar or a bit of toothpaste every time you brush. You can also use Retainer Brite (a retainer-specific cleaner) for a deeper cleaning. Do not soak your retainer in mouthwash or other chemicals. Do not boil your retainers.
- WHEN NOT IN YOUR MOUTH PLEASE ALWAYS KEEP YOUR RETAINER IN YOUR CASE. Please do not wrap your retainer in napkins and do not put your retainer (without its case) in your pocket or backpack.
- DO NOT PLACE YOUR RETAINER NEAR PETS
- If your retainer is lost or broken, call immediately to schedule an appointment for retainer replacement. Teeth being actively moved by your retainer will relapse quickly. Inconsistent wear or heat can lead to lack of retainer fit. Do not leave your retainer in a hot car. If your retainer no longer fits, a new retainer will need to be made.
- THERE IS A REPAIR OR REPLACEMENT FEE FOR EACH BROKEN OR LOST RETAINER.
- Bring your retainer to every appointment to be checked and adjusted. When teeth have been orthodontically moved, the teeth can shift back to improper positions without the prescribed retainer wear. For this reason, your cooperation in wearing your retainer is very important!