

Retainer Wear and Care Instructions

After orthodontic treatment, a period of time is required for your teeth to become accustomed to their new positions. During this period, you will be wearing your retainers as instructed by Dr. Pulver to allow your teeth to adapt to their new positions.

What to Expect:

- Your teeth may be uncomfortable for a couple of days, similar to when your braces were adjusted or switching aligners.
- Speech may be affected for a short period of time while you adapt to wearing your retainers.

Wear instructions:

- Remove the retainers when eating, drinking anything but plain water, and during brushing, flossing, and mouth rinsing.
- Place your retainers over your teeth with finger pressure only - **NEVER** bite your retainers into place as it may fracture them.
- To remove your retainers, dislodge the back portion first (by your molars) and work the retainers loose from back to front.

Cleaning instructions:

- Clean retainers by brushing all surfaces with a toothbrush and cool water, mouthwash or foamy/gel hand soap (no abrasive hand soaps).
- Do **NOT** use toothpaste while brushing the retainers as this will cause small scratches that harbor bacteria, resulting in discoloration of your retainers.

Tips:

- Keep retainers out of reach of any pets. Animals love to chew on them.
- Restaurants are one of the top places that retainers are lost since they often get wrapped in a napkin and thrown away. Be sure to be careful to not lose them.
- **NEVER** place your retainers in hot water or leave them in direct sunlight (hot car) as it will deform and ruin them.