

RETAINER RULES

- You must wear the retainer **24 hours a day, 7 days a week** for first 3 months. Then wear at night to continue retention of teeth.
- While your retainer is in your mouth, leave it in place. Do not play with it or flip it around in your mouth.
- If the retainer is not in your mouth, it should be in its case.
- Only take the retainer out to eat and to brush your teeth.
- *Never* wrap it in a napkin or leave it on a dinner plate or lunch tray. (It **WILL** end up in the garbage)
- *Never* stick the retainer in your pocket, backpack, or pocketbook unless it is in the case. (It will get crushed. Even if you think it won't.)
- When you brush your teeth, brush the retainer with some toothpaste, rinse it and put it back in your mouth.
- *Never* boil your retainer. It can get distorted and damaged.
- *Never* bite the retainer when placing it in your mouth.

*If you lose your retainer, there will be an office fee to replace it.

**Broken/damaged retainers will incur an office fee to be repaired.

***Insurance does **not** cover lost retainers or repairs to retainers.

TO CLEAN RETAINER: You can use denture cleaner once a week to keep it really clean. You may also soak it in diluted white vinegar and cool water OR dishwashing detergent & cool water.