

INSTRUCTION THE FIRST TIME YOU PUT YOUR RETAINERS IN THEY WILL BE VERY TIGHT AND MAY NOT FEEL LIKE THEY FIT. PUT THEM ON THE BEST YOU CAN. THEY WILL FIT BETTER AFTER A FEW DAYS.

YOU WILL ACHIEVE THE BEST RESULTS FROM YOUR RETAINERS IF YOU WILL WEAR THEM AS INSTRUCTED BY THE DOCTOR OR HIS ASSISTANT. UNLESS YOU ARE TOLD TO WEAR THEM ONLY AT NIGHT, YOU SHOULD ALWAYS WEAR THEM EXCEPT TO EAT. YOU MAY DRINK WITH THEM IN BUT BE AWARE THAT ANYTHING YOU DRINK WILL BE GETTING UP UNDER THE RETAINERS. ANY SUGAR DRINKS THAT SIT ON YOUR TEETH WILL CAUSE DECAY TO FORM. YOU CAN HELP PREVENT THIS BY RINSING WITH WATER AFTER YOU DRINK ANYTHING.

WHEN PUTTING IN AND REMOVING YOUR RETAINERS REMEMBER THEY WILL WEAKEN OVER TIME AND CAN BE BROKEN. THE FRONT OF THE RETAINER IS TYPICALLY THE WEAKEST SPOT. IT IS BEST TO PUT THEM IN BY PUSHING ON THE MIDDLE OF EACH OF THE BACK MOLARS AT THE SAME TIME. YOU MAY ALSO REMOVE THEM BY PULLING DOWN ON THE SIDES IN THE SAME LOCATION.

WHEN CLEANING THEM, DO NOT USE TOOTHPASTE BECAUSE IT IS TOO HARSH FOR THE MATERIAL AND WILL WEAR THEM OUT MORE QUICKLY. SIMPLY USE DISH OR HAND SOAP AND A SOFT TOOTHBRUSH WITH LUKEWARM WATER. RINSE THOROUGHLY. KEEPING YOUR RETAINERS CLEAN AND BRUSHING YOUR TEETH AFTER YOU EAT WILL HELP PREVENT THE GROWTH OF DECAY AND STAINING OF THE ENAMEL.

PLEASE REMEMBER THAT THE RETAINERS ARE MADE OF PLASTIC AND WILL MELT IN HEAT, SUCH AS HOT WATER OR THE SUN IF LEFT IN A HOT CAR.

JUST A REMINDER, THERE WILL BE A CHARGE BEYOND THE CONTRACTED AGREEMENT TO COVER THE COST OF ANY RETAINER THAT NEEDS TO BE REPLACED OTHER THAN THOSE MADE AT EACH SCHEDULED MONTHLY APPOINTMENT.

IF YOU HAVE ANY QUESTIONS PLEASE FEEL TO CONTACT OUR OFFICE AT (801) 796-3535.