

## Retainers

- You will receive 2 sets of clear retainers after bracket removal.
- Some cases will also receive a permanent lower retainer as well. This will be decided by Dr. Brown
- The first set of clear retainers will need to be worn 22 hours each day for the first 6 months after bracket removal. We will schedule you for a retainer check appointment 6 months after we deliver the retainers.
- The second set of clear retainers will need to be brought along to your 6-month appointment. We will try it in to make sure it fits properly.
- Any additional retainers will cost extra, so please take care of them.



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712-324-9999

SHELDON   ROCK VALLEY   JACKSON

- Wear your retainer at all times, until the doctor instructs otherwise.
- Take your retainer out when eating and always put it back in its case! (Most appliances are lost in school lunchrooms or restaurants.)
- Clean the retainer thoroughly once a day with a toothbrush and toothpaste. Use warm but not hot water. Brushing retainers removes the plaque and eliminates odors. Efferdent® or other orthodontic appliance cleaners can be used but do not take the place of brushing.
- When your retainer is not in your mouth, it should ALWAYS be in its case. Pets love to chew on them.
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to it faster.
- Retainers are breakable so treat yours with care. If your retainer gets lost or broken, call us immediately.
- If you have any questions or concerns about your retainer, or you believe it needs adjusting, call us immediately.
- Always bring your retainer to your appointments.
- Retainer replacements are expensive, but with proper care they will last for years!
- Remove your retainer when you go swimming.
- Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and napkins.