

## *Suggestions On Wearing Your Retainer*

As the name implies, the removable appliance, which you have just received, is meant to **retain** your teeth in the position into which your braces moved them. Not only will this new appliance hold your teeth, it can also improve their positions and appearance to a certain degree.

Some retainers are made differently than others, depending upon what tooth movement occurred and is desired in the future, as well as which teeth are present in the mouth.

In most instances, this retainer is given to you to wear, at all times (**FULL TIME WEAR**) for a certain period of time (the DOCTOR will advise you), after which you should wear it at night (**HALF TIME WEAR**). Once you are instructed to wear your retainer at night only, you will be given a retainer case. Right now, use your “natural” retainer case, your mouth, for storage! **FULL TIME WEAR** means at all times (yes, **including** eating and sleeping)

One of the greatest risks is to remove your retainer, wrap it in a napkin or tissue, and either lay it on the table or put it in your pocket while eating. Countless retainers have ended up ruined in the washing machine and dryer, or lost in the dumpster at school or McDonalds. **THE SURE, SAFE THING IS TO KEEP THE RETAINER IN YOUR MOUTH.**

As much as one hates to do it, if a retainer is lost or too seriously damaged, a new impression must be taken and a new retainer must be constructed. If a new retainer must be made, we will only charge the prevailing lab fee. We want nothing to come between taking great care of the position of your teeth.

Please take good care of your retainer by brushing it often in cold water, with your toothbrush and toothpaste.

Remember, not being responsible with your retainer will result in your teeth shifting unfavorably and could result in your needing to be re-treated with braces again.

Enjoy your smile; take good care of it!!

***WE'RE HERE TO MAKE YOUR SMILE!!!***

Please remember to call our office if at any time you have a question or visit our website at [www.Finkelson-Orthodontics.com](http://www.Finkelson-Orthodontics.com)