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It's retainer time.

Information About Retainers:

WHAT YOU
NEED TO
KNOW.

- ⇒ Retainers don't work if you don't wear them!
- ⇒ Retainers should be worn 24 hours a day, unless Dr. Henry advises otherwise.
- ⇒ Generally, the 24-hour rule applies to the first 4-6 months after your braces are removed. After 4-6 months, you can typically revert to wearing the retainers only while sleeping. Dr. Henry will let you know when it is all right to wear the retainer(s) at night only.
- ⇒ You should remove your retainer(s) when eating, brushing, flossing, or playing sports, including swimming.
- ⇒ A retainer should feel snug, but not sharp, rough or painful. Please call Dr. Henry if you experience inordinate discomfort, or if you get a sore spot or ulcer on your gums.
- ⇒ Remove and replace the retainer(s) as instructed. Do not "click" it out with your tongue!
- ⇒ Whenever you take your retainer(s) out, place them IMMEDIATELY in your retainer case, to decrease the possibility of losing or breaking the retainer(s). DO NOT wrap the retainer(s) in a napkin or place it / them in your pocket.
- ⇒ You will feel as if your speech is affected by wearing the retainer for the first one or two days. Try reading a book out loud the first day – this will help you adapt.
- ⇒ The retainer(s) should be brushed with a toothbrush and toothpaste (or soap) and rinsed thoroughly to maintain cleanliness, one-to-two times per day.
- ⇒ Do not use any hot water or harsh chemicals to clean your retainer. Denture cleaners like Efferdent or rinses like Scope will help keep the retainer(s) fresh. However, do not keep the retainer(s) in liquids for extended periods of time, as this may lead to bacterial and fungal growth on the appliances.
- ⇒ Do not leave the retainer(s) in a car in hot weather ... it / they can distort or melt!
- ⇒ Dogs and cats like to play with and chew on retainers. Watch out if you have animals.
- ⇒ **If a retainer wire gets bent, do not try to straighten it. Please call our office.**
- ⇒ **If you lose or break a retainer, please call our office right away. There will likely be a charge for repair or replacement.**
- ⇒ **Even if you are wearing the retainer(s) only at night, please bring it / them to "retainer check" appointments, as adjustment may be necessary.**