

MSMILINE CLINIC

INSTRUCTIONS FOR THE CARE OF YOUR RETAINER

The retainer is a removable appliance carefully designed to close the spaces remaining after your bands have been removed and to maintain the teeth in their correct positions. It is important that it is worn according to the following instructions:

1. Follow closely the instructions you have been given on how to take the retainer in and out of your mouth.
2. Wear the retainer at all times (except when eating, swimming or cleaning your teeth) unless you have been specifically instructed otherwise.
3. Clean your retainer by brushing with toothpaste. If you are wearing a lower fixed retainer, be careful to brush the wire and the inside of the lower teeth. Remember to floss your teeth also.
4. The plastic taste to the new appliance will disappear soon and in 2 or 3 days your speech will be completely normal with the appliance in place.
5. Your new retainer may make your teeth sore for a day or two. After adjustment you may experience soreness. If you have a localized sore after 3 or 4 days, call the office so an adjustment can be made.
6. The retainer may loosen after a week or two. If it becomes so loose that it will not stay in place call the office for an appointment.
7. Always bring your retainer to each appointment.
8. Avoid flipping your retainer with your tongue; this can cause damage to your teeth.
9. When the retainer is left out for eating or swimming, keep it in the container provided.
10. Never wrap your retainer in a paper napkin or tissue paper and lay on the table. Someone may throw it away! Don't put in your pocket when playing or you may break or lose it.
11. Additional charges will be made for the loss or broken retainer.

REMEMBER:

THE APPEARANCE AND STABILITY OF YOUR ORTHODONTIC TREATMENT WILL DEPEND COMPLETELY ON YOUR COOPERATION IN FOLLOWING THESE INSTRUCTIONS PRECESELY.