

# MAKE US PROUD!

It is your job to keep your teeth straight.

## A FEW SIMPLE POINTERS:

It is important that you wear your retainer consistently as instructed. Short timeouts are okay like for meals, contact sports and theater performances.

Clean is key! Brushing it nightly and soaking it once a week in a denture cleaner using cool water.

Keep your retainer away from pets. They love to chew them.

Use your retainer case!

The first 6 months - 24/7. The next 6 months - 12 hours. Thereafter... at bedtime.

### UPPER RETAINER

Your upper retainer is removable and is either an acrylic and wire type (Hawley) or a clear template type (Essix) custom designed to maintain your teeth in their corrected position.

The retainer's plastic taste will go away in just a few days and your speech will return to normal as you get comfortable.

We are done pushing teeth around and your retainer should be passive, so if you develop any sore spots or uncomfortable pressure, give us a call.

If you flip or click your retainer in and out, it will weaken over time and break. If it does break, call us ... you need to have it repaired or replaced ASAP!



Always remove it when brushing your teeth. Clean your retainer by hand with your toothbrush. Keep it stored in its case. Bring your retainer to every appointment!

### LOWER RETAINER

Your lower retainer is either a fixed and/or removable appliance custom designed to maintain your teeth in their corrected position. If you have a removable lower retainer, follow the same instructions as outlined for the upper retainer.

If you have a fixed wire attached to the inside of your lower teeth, it requires special attention to keep clean and to maintain.

Brush the fixed retainer making sure to clean the inside of your lower teeth. Floss every day using a floss threader to allow access between the retainer wire, the teeth and the gums.

"Fixed" not "permanent"! You must be a good caretaker. Poor oral hygiene will require removal to regain health. And, it's not super glued on... so avoid hard foods and objects.

*Spotless*

It is your job to keep your teeth and retainer spotlessly clean.

## HAPPY PEARLY WHITES

YOU, AND ONLY YOU CAN KEEP THEM HAPPY.

OFFICE HOURS: M-TH 8AM-5PM, F 8AM-12NOON | QUESTIONS: 402-558-0035

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