

OMNI DENTAL CENTRE

Orthodontic Retainer Instructions Specially For:

Congratulations on your removal of orthodontic braces!

There is one more important step...RETENTION

1. Your orthodontic retainers have been carefully designed to hold your teeth in their corrected position until they are stable. This retention phase will help maintain a healthy and beautiful smile.
2. Wear your retainers as directed- except during sports or while you eat. Do not follow the instructions of friends wearing retainers. Remember, they ARE NOT your orthodontist!
3. You may salivate more when you first get them and your mouth might be sore. This will subside and your speech will return to normal after a few days of wearing your retainers.
4. Brush your retainers with toothpaste when you brush your teeth after meals. Occasionally soaking them in denture cleaner is a good idea.
5. Avoid hot water, sunlight, and soaking them in mouth-wash. The plastic may break down or warp.
6. Be careful not to "click" them in and out with your tongue. This will weaken the wires and may cause them to break.
7. When you need to remove your retainers store them in a retainer case. Wrap them in a moist napkin. Do not just set them on the table. Remember your mouth is the safest place to keep your retainers!!
8. Call for an appointment if you lose, break or have concerns about the fit.
9. Losing your retainers will cost \$250.00 each or repair will cost \$80.00 each.

Make Good Habits Promise!

I understand the importance of wearing and caring of my orthodontic retainers. I promise to make good habits and so it will save time and money on costly repairs and remakes.

Name & Signed by:

Date: