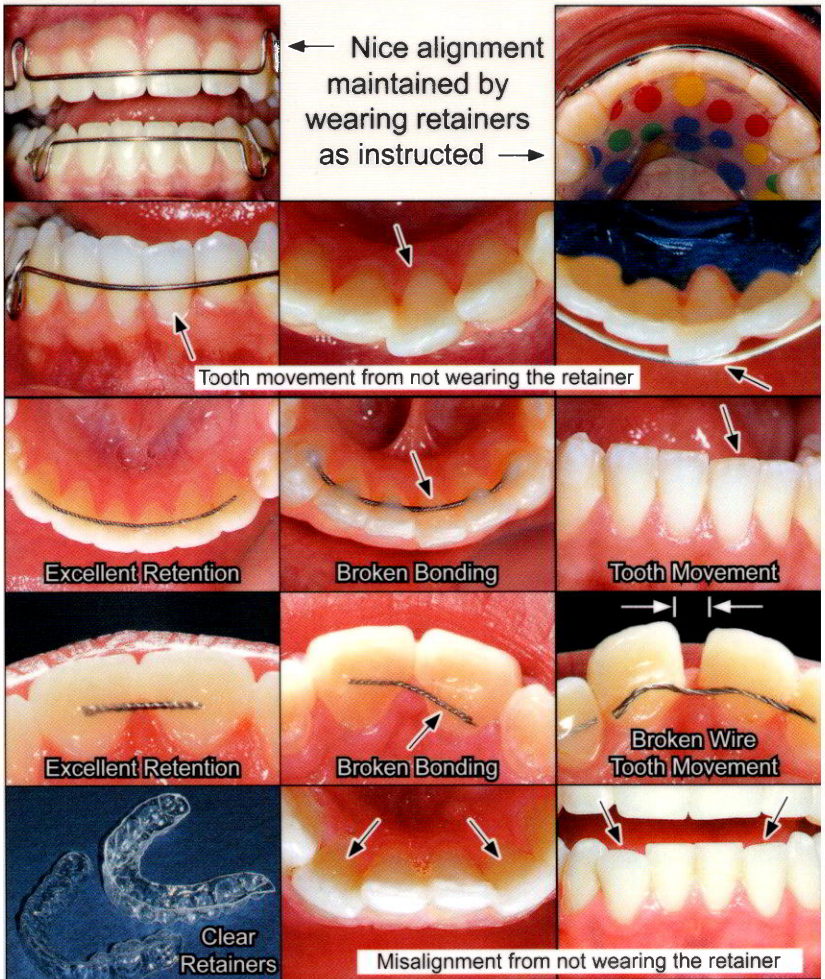


RETAINER GUIDE™

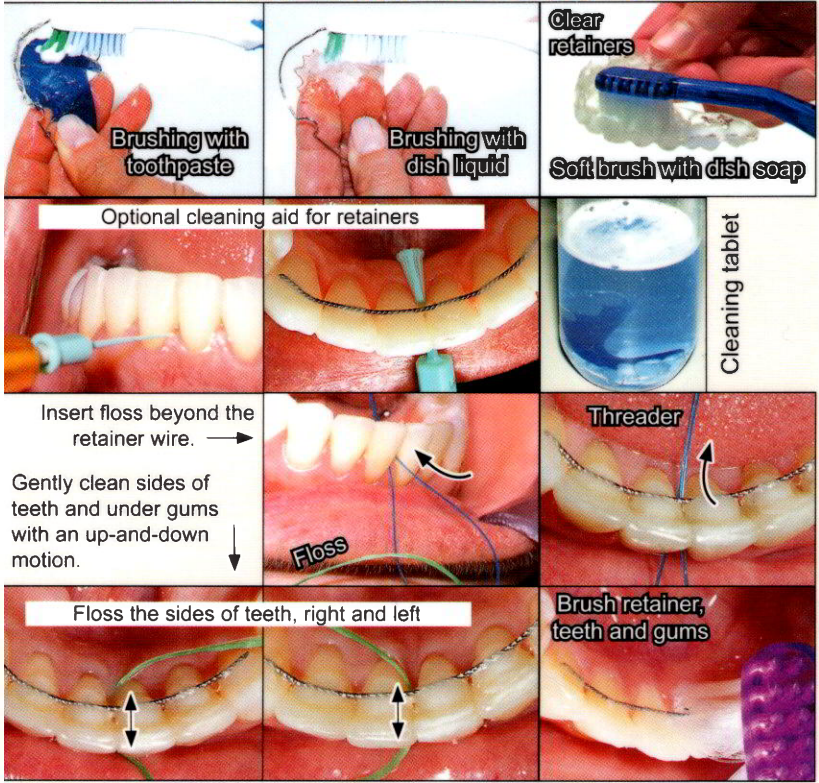


Your teeth will move if you don't wear your retainers.

- Correction of significant tooth movement may require the time, effort and expense of additional treatment.
- If a retainer is lost, broken or feels different, promptly call our office during business hours. Never try to adjust a retainer.
- Vacations and summer camps will change your routine. These are high-risk periods for losing or not wearing retainers.
- When not wearing or cleaning your retainers, they should be in the retainer case with your name and phone number. →



RETAINER CARE AND CAUTIONS



- Plastic retainers can be ruined by heat. Never put a retainer in boiling water, a dishwasher or on the dashboard of a car.
- Occasionally soaking plastic retainers in mouthwash is OK, but regular or prolonged soaking may damage the plastic.
- Keep retainers beyond the reach of pets and young children. Dogs and cats like to chew on retainers.
- Retainers can be broken if placed in a pocket or backpack.
- There is a charge to replace retainers, so please be careful.



Retainers are likely to be thrown in the trash if they are wrapped in a tissue or napkin or placed on a food tray.

- Like contact lenses and eye glasses, retainers can wear out over time. Replacing a worn out retainer is a wise investment in protecting your smile and the long-term stability of your teeth. Correct alignment may require indefinite retainer wear.

Thank you for being the most important part of our practice. Almost half of our patients are sent to us by former patients. We deeply appreciate your confidence in recommending us to your friends and family.