# *Retainers*

Congratulations on your beautiful smile! Retainers will help keep your teeth straight. Things to know about your new retainers:

- You may notice a "plastic taste" at first, this will disappear in 1-2 days.
- You may also experience some difficulty in speech, your speech will return to normal in first two or three days.
- **Please bring your retainers to all appointments.**

## Care for your Retainers

- Wear your retainers at all times, including sleep, unless instructed otherwise.
- Take your retainers out to eat, brush, play sports, or musical instruments.
- Brush your teeth and retainers following each snack and meal.
- Be gentle when removing or wearing your retainers to avoid potential distortions.
- You can soak your retainers once a week in a retainer/denture cleaner (do not use these chemicals directly in your mouth).

## Don’t

- Don't leave retainers where small children or pets can get to them.
- Don’t wrap retainers in a napkin or tissue - especially at a restaurant.
- Don't place it in your pocket without a retainer box.
- Don't boil your retainers.
- Don't "flip" it with your tongue, or otherwise play with it.
- Don't put retainers in the dishwasher.
- Don't leave retainers in the direct sunlight.

If your retainers are lost or broken there will be an additional charge for each replacement. Call the clinic within a day or two of losing so the teeth will not move.