

Congratulations for choosing to keep your teeth straight by wearing your retainer.

Cleaning:

- Get into the habit of cleaning your retainer every time you brush your teeth after removal.
- Rinse retainer under cold water (hot water will warp the retainer).
- **Wet soft-bristled toothbrush or retainer brush with water or dish soap. Using small, circular motions, gently brush the *entire* retainer, both inside and out. Rinse.**
- Carefully inspect retainer for any calcium, or tartar, build up. Just like your teeth, retainers are susceptible to tartar buildup. It appears as a cloudy, white film on the retainer that is hard to remove with a toothbrush.
- If you do notice calcium buildup, soak the retainer in a denture or retainer cleaning solution according to the product's instructions.
- Once you are finished cleaning your retainer, you can place it back into your mouth or in a case to dry.
- If you have a small sharp edge, gently use a nail file to smooth.
- If your retainer becomes loose, tight, causes discomfort, or you lose it, please contact us immediately – your teeth will begin to move right away!

Use and Storage:

- Wear retainer full time unless told otherwise by Dr. Marion. Once Dr. Marion changes the instructions to night-time wear only, **retainers must be worn night time FOREVER** to maintain your beautiful, straight smile. Your teeth will shift immediately if you stop wearing your retainer at anytime.
- Oral hygiene is important when using your retainer. Remember to brush and floss your teeth and to rinse your mouth before inserting your retainer.
- **DO NOT eat or drink anything *except* cold water with your retainer in.**
- If retainer is not in your mouth, it should be in your case. **Keep retainer away from hot water, pockets, direct sunlight, washing machines, napkins, and PETS.**

Dr. Marion recommends bringing your retainer to each cleaning appointment. We will give it a deep clean in our ultrasonic and be sure that it is fitting you well.

This guide, along with others, can be found at mmSmileCenter.com under the “Patient Resources” tab.