

Mullins Orthodontics

619-522-9032

RETAINER CARE INSTRUCTIONS

“If they are not in your Face, they are in your Case!!”

WEAR

Wear your retainers 24 hours Daily for 12 months – The only exceptions are when eating, cleaning them or participating in contact sports. Retainers **FOR LIFE** at night after the first year after your braces are removed.

CLEANING

To keep your Retainers clean, brush them with a toothbrush and toothpaste each time you brush. The retainers get a plaque build-up and odor if they are not kept clean. Rinse your retainers off after each meal. For special care you can use *Retainer Brite* (sample and order form provided) or a denture cleanser such as Efferdent, or soak them in a mouthwash and water mixture. This will give it a fresh taste.

PETS

Keep your retainers away from all animals; dogs, cats, etc. Animals like to EAT retainers!

PROTECTIVE CASE

A protective case is provided for you. **Always keep retainers in its protective case when it's not in your mouth. NEVER WRAP RETAINERS IN A NAPKIN.** You will forget about them and they are easily mistaken for trash and thrown away. Also never put your appliance in a pocket or your backpack where it may be bent or even crushed. They are costly to replace.

AVOID HEAT

The appliance will melt or warp if it gets hot. NEVER leave it in a hot care or leave it by a stove or other heater. **NEVER PUT IN BOILING WATER.**

SALIVA

Remember, you will have extra saliva for the first few days; this is normal. Initially, your mouth doesn't realize that this retainer is not a piece of food. This sensation will go away after approximately 3 days.

SPEECH

Your speech will be somewhat slurred at first. It will be back to normal within a week if you are wearing your retainer's full time. Try reading aloud and talking more slowly. The most important thing to remember is to keep the retainers in as much as possible during this period.

LOSS OR BREAKAGE

If your retainers are lost, broken or irritating your mouth, please contact the office right way. There is a fee for lost or broken retainers.

FIT

Your retainers should feel snug if you are wearing them properly. They don't change in size, but your teeth can shift. **PLEASE WEAR YOUR RETAINERS AS PRESCRIBED BY THE DOCTOR TO PREVENT SHIFTING.** The longer you have been out of braces, the less often you will be required to wear them.

FOLLOW UP VISITS

Please bring your retainers with you to EVERY appointment. We need to check their fit and sometimes adjust them.

Signature of Patient

Date

Signature of Parent

Date

If you ever have any questions, please feel free to contact our office at 619-522-9032. We are always happy to help you in any way we can.