

## **IMPORTANCE OF RETAINERS**

The retainers you receive after your braces are removed are very, very important. Retainers are worn to hold your teeth in their corrected position. Since retainers are removable, their use and care is entirely up to you. There are some colorful retainers that you can choose from to make but we will recommend a specific retainer type based on your specific needs.

### **WHAT TO EXPECT**

The day after you get your retainers, your teeth may be a bit sore, that is normal. This will quickly go away if you continue to wear your retainers as instructed. In the beginning, your retainers may feel a little tight, perhaps bulky and they will affect your speech somewhat. But in a few days once your tongue adapts to having retainers in your mouth, your speech will return to normal.

### **INSTRUCTIONS**

After your braces are removed, you will be given specific instructions regarding retainer use by Dr. Joe. But most importantly: **Usually retainers need to be worn day and night ~ 24 hours a day, for twelve months and then only at night as directed for the rest of your life. I am sure you have over heard Dr. Joe say many times, "RETAINERS AT NIGHT FOR LIFE!!"**

If you do not wear your retainers as instructed by Dr. Joe, your teeth WILL MOVE and you don't want that to happen. If you should miss a day and/or a night, wear your retainer full time for at least a week.

You can remove your retainers when you eat and brush your teeth, but you must replace them as soon as you are finished. When you remove your retainers, immediately put them in the case provided. This will lessen the chance of losing them. It is very common to lose them if you put them in a napkin at school or a restaurant, so get in the habit of putting them in their case.

### **CLEANING RETAINERS**

Clean your retainers after each meal and before you go to bed with your toothbrush and toothpaste. Never use hot water on the retainers as this can cause them to distort the shape.

Always make sure your retainers are completely in and clicked into place. If not, this may cause your teeth to be sore.

ALWAYS bring your retainers to your follow up appointments so that we can make sure the fit is good.

***ENJOY YOUR BEAUTIFUL SMILE AND MAKE SURE TO USE YOUR RETAINERS TO KEEP IT THAT WAY!***