

Orthodontic Retainer Instructions

Congratulations on getting your braces off! We hope you are ready for the final phase of your orthodontic treatment.....retainers!

After the removal of your braces, retainer wear is required to make sure you can protect and retain your beautiful smile.

**If you do not wear your retainer as required, your teeth will shift back.
It is your responsibility to wear your retainers as instructed.**

Retainers will be checked periodically for **6 months** after the removal of your appliances. At each retainer check, please remember to bring **your retainers** for adjustments and maintenance.

DO:

- **Wear your retainers 24/7** (except while drinking and eating) for the first 6 months after treatment
- **Wear your retainer every night** after the first 6 months.
- **Keep your retainer in your case** when you are eating or drinking.
- **Brush your retainer daily with a toothbrush and clear soap.** This will prevent any building up of tartar.
- **Call Orthodontic Harmony at 914.923.5089 immediately** if you are having any type of problem with your retainer.
- **Patient must brush and floss after eating or drinking** prior to wearing retainers or else there is an increased cavity risk.

DO NOT:

- **Wrap your retainer in a napkin or paper towel** – they may be thrown out.
- **Leave them on a lunch tray or sitting on a table, kitchen counter, etc.** - they may be thrown out or broken.
- **Leave them near pets.**
- **Put in your pocket** – They could break or go through the washer/dryer.
- **Leave in heat** – Do not boil, microwave or place in excessive heat as they will warp or melt.
- **Soak your retainer in harsh chemicals such as bleach or Oxiclean** – These chemicals could be harmful to the retainer.