**RETAINERS**

Retainers are designed to hold the teeth in their new positions following removal of “BRACES”. The upper retainer is removable, and the lower retainer is usually “bonded” in place.

Some DO’S and DON’TS…

DO:

1) WEAR THE RETAINERS 24 HOURS A DAY (except when brushing your teeth) or as instructed by Dr. Steinhoff.

2) WEAR YOUR RETAINERS WHEN YOU EAT

3) Brush your teeth (and your retainers) after each meal and before you go

to bed at night. You can use toothpaste and cool water to brush your

removable retainer. You can also clean your removable retainer by

occasionally soaking it in a 50% water / 50% vinegar solution. You

can clean the lower bonded retainer with floss using a floss threader.

4) Keep your retainer in its case when you are participating in active

sports (such as soccer, basketball, football, skiing, wrestling, etc.) or

while swimming. Retainers should be stored clean and dry.

5) Bring your retainers with you at each appointment so that adjustments

can be made.

6) If your retainer breaks or is lost, phone the office immediately for an appointment. Be sure to bring in any pieces, and start wearing your clear temporary retainer immediately.

7) Your upper removable retainer has a groove near the front. This is the

“spot” where the tip of your tongue should be placed when you swallow. You should also hold your teeth tight together when you swallow.

DON’T:

1) Don’t leave your retainer in direct sun or in a car on a sunny day because it can warp and get distorted from extremely hot temperatures.

2) Don’t clean your retainer with hot water because the heat can warp or

destroy your retainer.

3) Don’t put your retainer loose and unprotected in a pocket, purse, or

backpack. Always put your retainer in its case if you take it out of your

mouth for any reason.

4) Don’t wrap your retainer in a napkin or Kleenex because you might

accidentally throw it away.

5) Don’t leave your retainer out where animals (especially dogs) can reach

it because they will destroy the retainer.

6) Don’t eat whole raw carrots, frozen candy bars, or bite into apples, etc.

because they can break your lower bonded ret.

Without your cooperation with the above instructions, there can be little, if any, improvements. With good cooperation, you can achieve the maximum results in a minimum amount of time. Teamwork between the patient, parents, and the orthodontist is essential to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or call our office.