Associated Orthodontists EST. 1969

Getting the Most Out of Your Retainers

BONDED RETAINERS

- Bonded retainers are placed behind the upper front teeth, lower teeth, or both upper and lower front teeth.
- Do not bite into hard, crunchy or sticky foods. Continue to cut up foods.
- Floss everyday between the wire and gum tissue using the floss threaders.
- Bonded retainers are not permanent retainers — and over time they may fall off. They are used as an "insurance policy" to hold front teeth in place
- If it comes loose or starts to poke, DO NOT cut or remove it. Please call our office immediately.
- If it comes off completely — save the wire! Contact us for an appointment and bring it with you.
- Our bonded retainers have a 6-month warranty. There may be a fee to replace or repair it after the warranty expires.
- Keep your regular scheduled dental cleanings to help maintain healthy teeth.
- We recommend keeping the bonded retainer in place indefinitely, or until your dentist suggests removing it.

REMOVABLE RETAINERS - WEAR AS DIRECTED

WEAR _____ FOR FIRST 3 MONTHS.

SWITCH TO NIGHTIME WEAR ON THIS DATE: _____

1. **Essix Retainer:**
   - Clear and fits over the teeth.
   - DO NOT use toothpaste on the retainer. It can discolor it.
   - Scrub clean with liquid hand soap and toothbrush, then rinse with cool water.
2. **Wrapo Retainer:**
   - Has a colored palate and wire that wraps around the molars. The colored acrylic part of the Wrapo is the most important part of the retainer, not the wire. That is what holds everything in place.
   - Scrub clean with a toothbrush and toothpaste and rinse with cool water.
3. **Theroux/Elastic Hawley Retainer:**
   - Wraps around 4 front teeth and back molars.
   - Scrub clean with a toothbrush and toothpaste and rinse with cool water.

GENERAL GUIDELINES

- **INSERTING YOUR RETAINER:** Gently push the retainer over your front teeth. Then using your fingertips, apply pressure to the tops of your left and right back teeth until the retainer snaps into place.
- **REMOVING YOUR RETAINER:** On both sides, gently pull the retainer off your back teeth first — then work your way to the front teeth to loosen it entirely. You will remove the retainer from your mouth by the front teeth.
- Retainers may be tight at first. The more you wear them and break them in, the more comfortable they will become.
- Efferdent denture cleaner may be used once a week to help keep the retainer clean. This and other cleaners can be found in store or online.
- DO NOT eat with the retainer in.
- If the retainer is not in your mouth, make sure that it is in a retainer case.
- DO NOT wrap it up in a napkin or put it in your pocket.
- Keep your retainer away from pets.
- DO NOT leave retainer in the car. Weather conditions can melt or crack it.
- Speech may be affected, but will return to normal in a few days with practice.
- Always bring your retainers with you to your appointments so we can check fit and condition.
- If a retainer is broken or lost, **please contact our office immediately!** Your teeth may begin to shift without proper retainer wear.