



# Delaware Smile Center

Family Orthodontics

## REMOVABLE RETAINER INSTRUCTIONS

- Wear your retainers full-time until Dr. Usmani instructs otherwise.
- Clean retainers thoroughly once a day with a toothbrush and toothpaste. Use warm but not hot water. Brushing retainers removes plaque and eliminates odors.
- Initially, you may find it difficult to speak. Practice speaking, reading or singing to get used to them faster.
- Take your retainers out while eating and always put retainers in their case. When retainers are not in your mouth they should always be in a retainer case. Pets love to chew on them!
- Remove retainers when swimming, skiing, snowboarding or playing contact sports.
- Keep retainers away from hot water because it can distort the retainer's shape.
- Always keep your retainers in your case. Do not wrap your retainers in a napkin, they will almost always end up in the trash. Do not leave your retainers in your pocket – they can break or end up in the washing machine.
- If you have pets, keep your retainers away from them. Dogs love chewing on retainers!
- Retainers are breakable, so treat them with care. If retainers are lost or broken call us immediately. If you have any questions or concerns about your retainers, or your retainers need adjusting, call us. Do not try to adjust them yourself!
- Always bring your retainers to your follow-up visits.
- Retainer replacement is expensive. With proper care, your retainers should last for years.
- **Remember, your teeth will move throughout your life, as with everything else in your body. The only way to keep your teeth straight is by wearing your retainers!**