



INSTRUCTIONS FOR RETAINERS AND BITE PLATES

REMOVABLE APPLIANCES

Why wear retainers?

- Retainers are worn to correct the positions of the teeth and also to prevent the teeth from shifting after the braces are removed.

How long do you wear them?

- Retainers are to be worn 24 hours per day, except when eating, brushing your teeth or otherwise instructed.

Cleaning of appliances

- Use a toothbrush with toothpaste and COLD water. You can soak it in Retainer Brite or Efferdent once per week.

Safety

- The safest place for your retainer is in your mouth!
 - If you take it out:
 - **Do not** wrap it in a tissue or napkin. It may be thrown out.
 - **Do not** put it in your pocket. You may break it.
 - **Do not** leave it lying on your dresser. Remember, pets and little brothers and sisters are curious.
 - Do put your retainer in the case that was provided for you.

REMEMBER

IF YOUR BRACES HAVE JUST BEEN REMOVED, THESE APPLIANCES ARE VERY NECESSARY AND MUST BE WORN ACCORDING TO INSTRUCTIONS. IF YOU DO NOT WEAR THEM, YOUR TEETH MAY SHIFT. IF SUCH SHIFTING DOES OCCUR, THE DOCTORS CANNOT BE HELD RESPONSIBLE.