

## **Rules to follow for your retainers**

- 1. Retainers are for Life!**
2. If I do not wear my retainers, my teeth are going to move!
3. I will wear my retainers **every** night for two years.
4. After two years, I will always keep my retainers fitting and never throw them away, because **retainers are for life.**
5. Retainers should be worn a **minimum of 10 hours a day** for the first two years. (8pm until 6 am.)
6. If I forget to wear my retainers at night, I will **make up the time** that I missed during the next day. That would mean retainers are in from 6am until 4pm and then back in for the night 8pm until 6am.
7. Keep your retainers clean with a tooth brush. Cool water and a brush is all that is required. If you clean them each time they come out of your mouth, they will be less likely to build up tarter. Tarter will prevent the retainer from fitting well and the teeth will begin to move. If there is tarter building up on the retainer they can be soaked in white vinegar for 1 hour and then scrubbed thoroughly with a tooth brush to remove the softened tarter. Repeat this process as necessary to clean completely.
8. **Your teeth need to fit completely into the retainer to be working. If they are not fitting perfectly into the retainer they should be worn 24 hours a day. You need to bite into the retainer and force it down onto the teeth until it does fit perfectly. Once it fits perfectly, you can go back to the 10 hours a day wear.**
9. If you forget to wear your retainer for a few days, or miss because of vacation, etc... Follow step #8. Your teeth will likely become sore as they are moving back into the correct position.
10. When you return to this office, always bring your retainers with you. We will want to check the fit and make sure we are retaining your beautiful smile. If there is ever a question about the fit of your retainers please call to schedule an appointment, we will want to see them. If you lose the retainers, it is essential they are replaced immediately.