



## Schwartz Retainer Instructions

1. Most importantly: The Schwartz retainer must be placed and seated completely down on the teeth and gingiva at all times. **DO NOT BITE THE SCHWARTZ INTO PLACE.** The first time you bite it into place the Schwartz **IS BENT**.
  
2. The appliance is seated by using the first finger of each hand or the first two fingers of one hand. Press down on the inside plastic using one finger and at the same time press down on the wire clasp with the second finger. Make sure it goes all the way down especially after screw turns are completed.
  
3. No tongue gymnastics. The Schwartz retainer can be displaced with the tongue very easily. Band habits come easy. The retainer will be adjusted to grip the teeth. It will lose some of its grip over time in normal wearing however; tongue flipping will cause looseness in a hurry. Flipping the Schwartz often causes sores.

### **DO NOT FLIP IT WITH YOUR TONGUE!!!!**

4. Sores that occur hurt! If this happens, back up 1-2 turns. Keep the Schwartz in and call the office, but try to keep the retainer in at all times. These sore spots hurt. We need you in the office to see the exact spot to adjust it.
  
5. **Brushing and completing turns is the only time the Schwartz is out of your mouth.** Brush the appliance, your teeth, and your gingiva for **TWO** minutes as we have instructed.

Date	Turned	Date	Turned	Date	Turned	Date	Turned
