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RETAINERS

RETAINERS KEEP YOUR TEETH IN THE PROPER POSITION. Teeth will move throughout your lifetime, but wearing the retainers can limit this movement. Wearing a retainer is easy, although it may take a few days to get used to. Talking may seem awkward at first but in a day or two you will adjust. Remember, the more you wear the retainers, the sooner you will get used to them.

CARING FOR YOUR RETAINERS:

****There are two places for your retainers.**

1. IN YOUR MOUTH

2. Your retainer case. If you do not have your case, do not take them out of your mouth.

****Retainers are sensitive to heat.**

DO NOT leave them in the car, on top of a stereo or television.

DO NOT clean them with hot water, use only cool water.

****Pets love retainers.** Keep your retainers and case in a drawer where pets can't reach them.

****Don't get in the habit of flipping your retainer with your tongue.** This will loosen your retainer.

CLEANING YOUR RETAINERS:

Brush your retainers **every time** you brush your teeth. Brushing with soap and water works the best, using a denture cleanser occasionally works great, **do not use hot water.**

ADDITIONAL INFORMATION:

BRING YOUR RETAINERS TO ALL APPOINTMENTS AND WEAR THEM: 24 HRS A DAY Nights only

If for some reason you cannot wear your retainer, or break it, call the office immediately. Do NOT wait until your scheduled appointment.

Retainers are expensive to replace so take care of them. This set is included as part of your treatment, replacement fees will apply. We will continue to monitor your teeth for one year, any additional adjustments and/or office visits will incur additional fees.

Dr. Walton & Staff

If you have any questions please don't hesitate to call us: (520) 421-1441