



Retainer Care

Do...

- Wear your retainer full time, or as instructed, except during sports, eating and brushing
- Keep your retainer in the case when it is not in your mouth
- Brush your retainer 2 times per day with your toothbrush and cool water
- Call the office immediately if your retainer is lost
- Keep your retainer away from pets

Don't...

- Ever wrap your retainer in a Kleenex or napkin
- Place your retainer in hot water or near a source of heat
- Take your retainer into the cafeteria at school
- Click your retainer in and out, because the clasps may break



Member American Association of Orthodontists