

RETAINER INSTRUCTIONS **WRAP-AROUND/HAWLEY**

1. Wear them 22 hours per day, all the time except when you eat.
2. When taking out your retainers, put them directly into the retainer box.
3. For the first three days, you may have difficulty speaking clearly and produce more saliva than normal, but this will improve gradually. You can rapidly improve your speech by reading out loud for 15+ minutes every day.
4. If you notice a sore spot under the retainer, call our office for an appointment as soon as possible, keep wearing them and bring in the retainer for your appointment so that we can relieve the pressure point.
5. Don't lose or break your retainers, replacement costs are \$275.00 each (both \$550.00)

COMMON WAYS OF LOSING/BREAKING YOUR RETAINERS:

- Wrapping your retainers in a napkin, then throwing it away.
- Placing it in your pocket without the case.
- Swimming in the pool or ocean with it on.
- Leaving it out at home where someone can step on it or your dog can chew it up.
- Forgetting the retainer in your pant's pocket while you are washing and drying your clothes.
- Leaving it out on the dashboard of your car where the sun can warp it.
- Placing it in boiling or hot tap water, it will deform.
- Wearing retainers when participating in contact sports.
- Continually lifting and seating your retainers with your tongue (work hardens the wires and causes them to break).

CLEANING YOUR RETAINER

-After meals, brush and floss your teeth, then with your toothbrush & toothpaste brush and rinse your retainers and put them back into your mouth.

IMPORTANT: If you should lose or break your retainers or notice your teeth moving or spacing, call and visit our office as soon as possible. Always bring your retainers with you to our office.