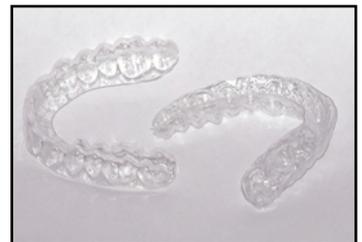


## Retainer Instructions

### Q: What are the different types of retainers?

**A: There are three primary retainer types. Although, with springs and other adjuncts, the possibilities are infinite.**

- Upper/lower removable retainers:
  - Clear/Plastic/Truain/Essix
  - Metal and Acrylic/Wire/Hawley/Wrap Around
  - Vivera® Retainers
- Upper and/or Lower permanent or fixed retainers (the thin wires that go between your 2,4,6, or 8 front teeth)



### Q: How often should I wear my retainer?

**A: In most instances** your Removable Retainer is to be worn 24 hours a day, except for when you eat and brush your teeth for 2 weeks. After the first 2 weeks, you can begin wearing it during the nighttime only. There are some instances in which Dr. Humphries will prescribe a different schedule. If so, please follow that schedule.



### Q: How should I clean my retainer?

**A:** The best way to keep your retainer clean is with a toothbrush and water. While you are wearing it 24/7, you should brush your retainer when you brush your teeth, with toothbrush and water. When you are wearing it at nighttime only (8-12 hours per day), you should clean your retainer/s when you brush your teeth in the morning with tooth brush and water. Once the retainer is cleaned put it in the case and put it away. Retainers, just like your teeth, are susceptible to plaque accumulation if you do not properly clean it. If plaque begins to accumulate on your retainer/s, you can use denture cleanser, hand soap or diluted bleach or alcohol to clean your retainer/s. If you regularly use a toothbrush and water to clean

your retainer when you brush your teeth it will stay clean. Under no condition should you use hot or boiling water to clean your retainer. This will melt the plastic. Finally, dogs love the scent of human saliva. A big enough dog will even chew through a retainer case to get to a retainer. Thus, we encourage you to keep your retainer in the case and out of reach of dogs when you are not wearing your retainer.

**Q: What if my retainer isn't fitting well?**

**A:** If at any time you feel as though you have a question or a problem, tomorrow or 10 years from now, we want you to call the office. You have invested a fair amount of time and money creating your beautiful smile and we want to intercept any problem as soon as possible.

**Q: What if I lose my retainer?**

**A:** Call us immediately. The purpose of a retainer is to prevent unwanted post treatment tooth movement or orthodontic relapse. Therefore it is necessary to get a new retainer as soon as possible to prevent movement.