

Retainer Instructions

1. Bring your retainers to **every** appointment.
2. **Wear your retainer 24 hours a day** (until otherwise indicated by Dr.Erdell)! You may remove them to brush, eat and play sports.
3. For most patients, **speech will be completely normal in two or three days** with retainers in place. Reading aloud or singing to yourself can help you get use to them faster.
4. Always put your retainers in the case whenever they are not in your mouth. **Do not wrap in a napkin or put it in your pocket.** That is the number one cause of lost and broken retainers
5. Keep your retainer out of reach of dogs and other pets. They love to chew on retainers, so keep it in a safe place.
6. Brush your retainers every day with hand or dish soap. You can use denture cleanser once a week to keep them clean and minty fresh. **Do not use toothpaste.**
7. Always seat your retainers with your fingers. **Never bite them into place or flip them with your tongue.** Clicking retainer in and out of your mouth will cause the retainer to break.
8. Keep retainers away from any heat source like: hot water, car glove compartments, microwave, dishwasher, etc.
9. Remember that as we mature out teeth shift; Even people that have never had braces. Your retainers will help in keeping your teeth properly aligned.
10. If you are unable to wear your retainer, or you lose or break it, please contact the office immediately at (925) 946-1951 to schedule an appointment.
 - *Please note that there is a fee of \$170-\$340 for replacement of a retainer*