



Retainers

When to wear:

The only times your retainers should be out of your mouth are when you are eating, brushing your teeth, or wearing a mouth guard for sports. When not in your mouth, they should always be in the retainer case. Never put your retainer in a napkin or leave it on the counter. It should either be “in your face or in the case!”

Getting used to them:

When you first put your retainers in, your speech may feel slightly different. This is temporary. The more consistently you wear them, the faster your tongue will adapt.

How to clean:

Clean your retainers twice daily by gently brushing them with cold or lukewarm water. This removes plaque, bacteria, and odors. You may soak them in denture cleaner occasionally. If buildup occurs, soak for one hour in a 50/50 white vinegar and water solution, then gently brush and rinse.

Never:

- Use harsh cleaning products, dish soap, or toothpaste
- Rinse with hot or boiling water
- Place retainers in the dishwasher

Additional notes:

Pets love retainers and can destroy them quickly—always store them safely in the case.

Retainers are fragile and can crack or break if dropped or mishandled. Proper care can allow them to last many years.

Lost or broken retainers should be reported to our office promptly.

Always bring retainers to check appointments so fit and function can be evaluated. Your orthodontist will advise when nighttime-only wear is appropriate.

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