

Instructions for Retainers

Congratulations!!! You are now in the retention phase of your orthodontic treatment! The retainers that we have given you are designed to keep your teeth in the position we have placed them. Without your retainers your teeth will move back towards their original position. Retainers need to be worn full time (All day and all night) until otherwise instructed.

Rules to follow:

1. Brush your retainers every time you brush your teeth (which should be at least twice a day). Brush them with a toothbrush and toothpaste.
2. Retainers are to be removed while eating, playing sports, horsing around, swimming, and while brushing. Always leave your retainers in their case when you are not wearing them. Do not wrap them in a napkin, or tissue, or leave them lying around. In the event that a retainer is lost, destroyed or broken an additional fee will be charged.
3. In the event that a retainer is lost, destroyed, broken, or not fitting, please contact our office as soon as possible. (703-815-0127, during regular business hours).
4. Never leave them in hot water or in a hot surrounding, this will damage them.
5. Be aware of “Dogs” ... they will chew on your retainers! Keep them out of reach and in the retainer case.
6. Do not adjust the retainers yourself or play with them with your tongue or your fingers. This could distort them and cause your teeth to move.
7. Retention is a lifetime commitment. Never throw away your retainers. Like wrinkles and gray hair, shifting of teeth is part of the normal course of aging! Retainers will keep your teeth from shifting in the future.