

# Retainers

East | 1821 N. Rock Road | Wichita, KS 67206 | tel 316.683.6518 | fax 316.683.0918 | toll-free 1.800.794.1818  
West | 9909 W. 21st Street N. | Wichita, KS 67205 | tel 316.722.0857 | web www.toothmovers.org

Congratulations on receiving your retainers!

Retainers are placed once your orthodontic appliances, or braces, have been removed. Retainers are normally worn full-time for six months. After your six month checkup, you should carefully follow the wearing schedule provided. These retainers work as a cast to hold your teeth in their new position. The only time you will take your retainer(s) out (*at first*) is to eat, brush, or play contact sports.

Clean your retainer(s) daily with a toothbrush and toothpaste or lava soap, or soak them in any type of denture cleanser. Be careful not to bend the wire. Do not boil your retainer or put it in the dishwasher or microwave.

Always make sure that when retainers are out of your mouth, they're placed in a case. Do not wrap your retainers in Kleenex, napkins, paper towels, etc. They have a tendency to get thrown away. And remember to always keep your retainers away from your pets.

There will be a charge to replace the top retainer and a charge to replace the bottom retainer. If your retainers are lost or broken or fit improperly, please call the office immediately, as new impressions will need to be taken and new retainers made.

Teeth are dynamic. They move and shift throughout life whether you have had orthodontic treatment or not. The retainer is worn to keep your teeth in their new position while the surrounding bone and gums adjust around them. Because teeth have a natural tendency to move, it is important to wear your retainers forever, decreasing your wearing time following our five year schedule.

