

Congratulations!

Thank You!



You have completed the active phase of orthodontic treatment. Your braces have been removed, so feel free to show off your beautiful brand new smile! You now enter into the retention phase of your treatment. The retainers that you received today are just as important as the braces in giving you a long-lasting smile that you can be proud of.



Thank you so much for allowing us to provide your orthodontic treatment. We hope you are pleased with your result and wish you the best! Please don't hesitate to call us if you have any questions or concerns.

*Jace Beattie, DDS, MSD
and Staff*



**TULALIP HEALTH
SYSTEM**

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Tulalip Dental Clinic
**ORTHODONTIC
PROGRAM**



**Hawley
Retainer**



**Clear Plastic
Retainer**



**Fixed Bonded
Retainer**

Creating beautiful smiles

TDS-26498

RETAINERS:
Wear and Care Instructions

1 You have received a top and a bottom retainer. They are both very important. Until Dr. Beattie recommends otherwise, you should wear them around the clock (24 hours a day) except at the following times: eating, brushing and flossing, and sports. Eventually (usually after several months), Dr. Beattie will recommend wearing the retainers only when you sleep.

2 When the retainers are not being worn, the **ONLY** place they should be is in your retainer case. Do not place them on your lunch tray, in your pocket, or on your nightstand without a case. **NEVER** wrap them in a napkin during a meal. You may accidentally throw them away.

3 Only use your fingers and thumbs to seat the retainers. **NEVER** bite them into place as this could harm the retainers and your teeth.

4 **NEVER** place your retainers in boiling water or leave them in direct sunlight, such as on the dash of your car. The acrylic or plastic could warp.

5 If you lose or break your retainer or if it does not fit, call us immediately. The longer you wait, the greater chance that your teeth will start to become crooked again. Bring the damaged/broken retainer with you to your appointment. There may be a charge to replace a broken or lost retainer.

6 It is important that you keep your follow-up appointments. Bring your retainers with you to every appointment! Dr. Beattie will check your retainers and teeth and make any adjustments as necessary. He may give you additional instructions based on what he sees.

7 Thoroughly clean your retainers at least 2–3 times a day. It is best to use a mild soap (e.g. liquid hand soap or dish soap), lukewarm water, and a toothbrush. Toothpaste is okay, but it can cloud the acrylic (or plastic) because it contains abrasives.

If you do a good job of cleaning your retainers regularly, they will stay fresh and clean. However, if they start to smell or collect mineral deposits (tarter), you can occasionally deep clean them with a special product. For Hawley-style retainers (wire and acrylic), use a denture-cleansing product such as Efferdent or Polident. Make sure to use one that is safe for partial dentures. For clear plastic retainers, you can use Retainer Brite (find on Amazon.com) or another cleanser that is safe for use with clear retainers.

8 Keep your retainers out of reach of pets and younger children.

9 Just as when you had your braces, brush at least twice per day with fluoridated toothpaste and floss daily. Continue to see your dentist every six months for cleaning and check-ups. If you haven't been to the dentist in a while, now is a great time to make an appointment.

