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## **Your New Upper Retainer**

### **CONGRATULATIONS**

Today you have been fitted with an “invisible” retainer that covers the front four teeth on the upper. The purpose of a retainer is to hold your teeth in their newly aligned position after the braces are removed. It is important to know that your teeth will be under pressure to move back to where they used to be. This occurs due to biting and chewing pressure. Thus, retainers are very important to minimize any movement that could take place. You may find yourself lisping at first; this is temporary until your tongue learns to adapt to them.

### **WHEN AND HOW LONG**

Your retainer needs to be worn in the evenings and while sleeping. This retainers does not need to be worn at school. If retainers are not being worn enough, they will start to feel tight when you put them in. This means that the teeth have already started to shift out of place. If this happens, retainers should be worn more often until they start fitting more loosely. The teeth may feel sore, but that is normal since the retainers will be moving the teeth back into alignment. We will continue to see the patient every 6 months to check the retainer, observe growth, and discuss future treatment.



### **CARE**

Soak your retainer in denture cleaner once a day for 20- 30 minutes. An occasional 5 minute soak in your favorite mouthwash will keep it smelling fresh. When cleaning your retainer, use luke warm water. **Hot/boiling water will melt your retainer.** The retainer should be taken out for brushing, active sports, eating, and drinking (water is okay). If the plastic becomes cracked or broken, please call for an appointment on the next business day. Teeth can shift rapidly and a significant delay may cause tooth movement.

### **AVOID**

Do not eat or chew gum while wearing the retainer and avoid flipping it around with your tongue. This will weaken the retainer and make it more prone to breakage. Some common ways retainers are lost or broken are: being placed in pockets, eaten by pets, and wrapped in napkins and thrown away. **When your retainer is not in your mouth, it should be in the case.** There will be an additional charge for lost/broken retainers. SO, be careful, and use the case provided.

**\*\*\*BRING YOUR RETAINER TO ALL OF YOUR SCHEDULED APPOINTMENTS\*\*\***

**REPLACEMENT COST: Invisible Retainers = \$100.00 each**