

ORTHODONTIC RETAINERS

- Wear retainers each night for the next 2 to 3 years and afterward wear them enough to keep them fitting well. If you find they seem tight, start wearing more often again.
- Bring to all future appointments
- Keep retainers in the case provided when not in the mouth
- **NEVER** wrap in tissue or paper towel or they may be thrown out by accident.
- Keep out of reach of pets. Dogs especially love to chew them.
- There is a charge to replace lost or broken retainers
- To clean, brush gently with toothbrush under running water shortly after removal

- **NEVER THROW OUT YOUR RETAINERS**

Please contact our office if you have questions or concerns 519 763 3252