

Your Trutain Retainer

What it does

It stabilizes your teeth in their new position until the supporting structures and muscles of your face and tongue adapt to the new tooth positions.

How much should I wear it?

All of the time except to eat and when drinking anything hot, like coffee, tea, or hot chocolate. It should be removed when brushing your teeth as well.

How long will it take?

Everyone is different, but most retainers are worn full-time for the first few months, then nights only for about two more years. After that, we suggest you continue to wear them on a less frequent basis. We will be talking to you about tapering off the number of hours you wear them as your retention treatment progresses. However, we recommend that in order to keep your teeth from moving, the retainers should be worn over the long-term.

Can I take it off to eat?

Yes! Most retainers are lost by people taking them off to eat and forgetting them in lunch bags, napkins, on cafeteria trays, etc. So be careful and put them in their case. And remember not to drink anything hot with them in or they will change shape.

Taking care of it

It must be kept very clean! Brush your retainer with a Q-tip and soap and water at least three times a day. Rinse it off if you don't have a Q-tip with you. Don't take it off and leave it someplace. Don't put it into your pocket or backpack because it will get broken. You may also try cleaning it with baking soda and vinegar to help remove the tarter build up, which is a natural occurrence.

If it breaks or hurts

Call the office so we can arrange a special appointment to adjust or repair it. If you lose it or break it beyond repair, there will be a replacement charge!



Nancy Ung DMD, MPH, MSD

Practice limited to orthodontics

441 Joaquin Ave. San Leandro, CA 94577

(510) 483-5524