

Your Retainer

What does it do?

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

How much should you wear it?

It should be worn all the time, and only be removed to brush it or rinse it off.



How long will it take?

Everyone is a little different, but most retainers are worn about the same amount of time that the braces were on. We will be talking to you about tapering off the number of hours you wear it as your retention treatment progresses.

Can you take it off to eat?

Try not to. Most retainers are lost by people taking them off to eat and forgetting them in lunch bags, napkins, on cafeteria trays, etc...

Taking care of it

It must be kept very clean! Brush it with your toothbrush at least three times everyday. Rinse it off if you don't have a brush with you. Don't take it off and leave it someplace. Don't put it into your pocket or back pack because it will get broken.

If it hurts or breaks?

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
