

# Retainer Care

**Congrats!** Your braces have been removed. You are now entering the retention phase of orthodontic treatment. Once your braces have been removed, your teeth may feel slightly loose until the bone and tissue around them has stabilized. Your compliance in wearing your retainer is VERY important.

- **Retainers need to be worn FULL TIME.** The only time you will not wear it is when brushing, eating or drinking anything other than water. We will let you know when you can decrease your retainer wear.
- **Please bring your retainers with you to every office visit.** Dr. Alvetro will want to check them to make sure your retainers are still fitting properly and comfortably.
- **Clean your retainers after eating by rinsing them under cool water.** Do not use your tooth brush and tooth paste on your clear retainers, as it will weaken and scratch it. Instead, you can use a cotton swab with tooth paste, dish washing liquid or denture cleaning products to clean them.



Clean wire retainer  
with a tooth brush



Clean clear retainer  
with a cotton swab

- **Never clean your retainer with hot water or store in a hot place.** The plastic may melt and change the shape of your retainer, making it unwearable.
- **If your retainer is not in your mouth, it should be in your retainer case.** Avoid wrapping your retainer in a napkin or putting it in your pocket. That is the #1 way retainers become lost or broken.
- **Keep your retainers away from any pets.** Dogs and cats love to chew and misplace retainers. When not wearing your retainer, make sure it is in the case and in a safe place where your pet cannot get to it.
- **If you lose or break your retainer, please call us immediately.** Remember - your teeth can relapse quickly, especially in the first few months after your braces have been removed. A fee will be charged to replace any lost or broken retainer.