

Dr. John A. Colgan Orthodontics

www.ColganOrthodontics.com

RETAINERS

Your retainers are designed to hold your teeth in place. You must wear the retainers exactly as Dr. John told you; otherwise, your teeth may move back to their original position.

WEAR

Your retainers should be worn at all times (they may be removed during meals and brushing).

You will notice a change in your speech when we first place your retainers; your speech will return to normal after a few days of full-time retainer wear.

If you have a localized sore spot after three or four days, please call us for an appointment.

Do not flip the retainers in and out with your tongue, or bite them into place.

Absolutely NO GUM while wearing your retainers.

Remove retainers when drinking any beverage except for water/clear liquids. The retainers WILL discolor.

CARE

Brush your retainers every day with toothpaste and your toothbrush. Hold them in the palm of your hand so as not to break them. You can soak your retainer in Efferdent tabs using warm water.

When they are not in your mouth, keep your retainers in your case.

DO NOT WRAP THEM IN A NAPKIN OR PUT THEM IN YOUR POCKET.
DO NOT SOAK THEM IN BOILING WATER OR ANYTHING CONTAINING
ALCOHOL (ex: mouthwash, Listerine, rubbing alcohol, etc.)

Keep your retainers away from pets; they are attracted to the acrylic.

If your retainers are lost or broken, there will be a replacement fee or repair charge. Congratulations! Good luck! Wear your retainers and enjoy your beautiful SMILE!

If you have any questions, please call the office for an appointment.