

Treatment for Retention Appliances

Retainer

There are different kinds of retainers that can be worn at the end of treatment. Dr. KIM will determine which type of retainer is best for your treatment.

INSTRUCTIONS FOR WEAR AND CARE OF REMOVABLE RETAINER(S)

If you follow these suggestions, your appliance(s) will work best for you:

1. Retainer(s) should be worn day and night unless you are instructed otherwise. They should be taken out only for eating, tooth brushing, swimming, or playing other sports or games.
2. Brush your teeth and the retainer(s) after each meal.
3. You may clean retainer(s) with soap and water or toothbrush and toothpaste. But, NEVER place retainer(s) in hot or boiling water for cleaning.
4. New retainer(s) may cause some initial difficulty with speech, and you may notice a plastic taste in your mouth. Both should disappear in a day or two.
5. When you are not wearing your retainer(s), keep it in the plastic retainer case, put your name and phone number on the retainer case and carry it with you at all times.
6. Do not put your retainer(s) in a napkin when you are at school, or in a restaurant, etc. It might be forgotten and thrown away. This happens quite frequently!
7. Do not use your tongue to flip or play with the appliance. This will cause the retainer(s) to become loose and possibly break.
8. If your retainer becomes loose, breaks, or bends, call our office immediately. If you do not, your teeth will begin to SHIFT.
9. There is a charge to repair or replace your retainer(s).
10. We will check your retainers at no charge for the first year of retainer wear. After the first year, there will be an office visit charge.

NOTE: PLEASE **DO NOT USE** EFFERDENT TO CLEAN RETAINERS. Use [Kleenite multipurpose dental cleanser, available on Amazon](#).



Please remember to follow up with your:

- **General Dentist/Hygienist to complete a cleaning and dental exam**
- **Oral Surgeon if your third molars require future extraction**