



SMART
ALIGNERS

RETAINERS INSTRUCTIONS



RETAINERS INSTRUCTIONS

A retainer keeps your teeth from moving after they've been straightened with braces. These instructions are helpful for all removable retainers.

HOW TO WEAR YOUR RETAINER

- Retainers are to be worn **full time** for the first six months after braces are removed. After this time they are only worn at nighttime for six more months. At the end of this period, you will have to wear them two or three times per week **for the rest of your life**.
- If you haven't worn your retainer for several weeks and find it too tight to fit, do not force it into your mouth.
- If the retainer is not in your mouth, this needs to be placed in a retainer case.
- Do not adjust your retainers.
- Always bring them to your appointments.
- If your retainers are lost, stolen or broken, call your doctor's office immediately or call us directly to (914) 619-4991



Make sure to learn how to properly put-on and remove your retainer before you leave the office, and always follow your doctor's instructions.

WARNINGS

- **NEVER** place your retainer on a table or on a counter without a case this mainly because pets love retainers, it only takes a few seconds for a pet to destroy it.
- **NEVER** place your retainer in a napkin without the case because this can easily be thrown away and be discarded.
- **RETAINERS ARE BREAKABLE**, dropping, stepping, throwing or excessive playing with them can cause your appliance to crack or break.



HOW TO CLEAN YOUR RETAINER

Clean your retainer thoroughly at least once a day to keep it fresh and free from bacteria and tartar buildup.

CLEANING TIPS

Vinegar is a great, non-toxic way to rid your retainer of bacteria, in this case follow these instructions:

- Rinse the retainer with warm (not hot) water
- Place the retainer in a cup
- Pour the vinegar into the cup until the retainer is fully submerged
- Let it sit for 2 to 5 minutes
- Take the retainer out and scrub it gently with a soft-bristled brush
- Rinse the retainer again with warm water
- Repeat if needed

Commercial products for cleaning retainers may provide good results and include directions on their proper use. If you are not able to successfully clean your retainer call your dentist or orthodontist, it may need to be cleaned in a professional ultrasonic machine.



AVOID THESE WAYS TO CLEAN

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|---------------------|----------------------------|
| ▪ UV Sanitizers | ▪ Boiling water |
| ▪ Hydrogen peroxide | ▪ Bleach |
| ▪ Dishwashers | ▪ Rubbing alcohol |
| ▪ Toothpaste | ▪ Denture cleaning tablets |

Brushing your retainer with toothpaste can cause tiny divots that can hold onto bacteria



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