

Retainer Instructions

1. Wear the retainer at all times for one year except when eating and brushing, unless you have been specifically instructed otherwise. After the 1st year, retainers must be worn only at night (lifetime). This is to keep the results stable.
 2. Retainers are made at the end of orthodontic treatment to help retain the final position of teeth.
 3. Please remember, even with the best retainers, we may still get some relapse as the teeth settle for the month following debanding.
 4. Initially, your retainer may have a “plastic taste”, this will disappear in a day or so.
 5. After you have finished brushing your teeth, clean the retainer in this manner:
 - A. Hold it in the palm of your hand.
 - B. Carefully brush the inside and outside surfaces using soap or toothpaste.
 - C. Rinse with cold water.
 - D. Replace the retainer as soon as you have cleaned it.
-
1. Your speech will be completely normal in two or three days. Reading aloud to yourself can help you become more quickly accustomed to its presence.
 2. We want the delicate adjustment to remain in perfect order, so...be gentle when removing and replacing the retainer. Avoid flipping or playing with the retainer with your tongue (this will eventually distort or break your retainer.)
 - **NEVER** boil or use hot water on your retainers.
 - **DON'T** put it in your pocket (You may break it)
 - **DON'T** wrap it in a paper napkin or tissue. (You may throw it away)
Garbage cans don't make happy hunting grounds.
 - **DON'T** leave it lying on your dresser. (Remember, little brothers and sisters, and even pets are curious!)

The safest place for your retainer is in your mouth. If you must take it out of your mouth, put it in a plastic container with a good lid and with your name, address, and telephone number taped inside the retainer box.

Please do not forget to come back for retainer check appointments as instructed.
Retainers may need to be adjusted in order to achieve better results

Pediatric Dental Specialists
Ana Planells, DDS
3320 Los Coyotes Diagonal #200
Long Beach, Ca. 90808
(562) 377-1375