

# Retainer Home Care

## INSTRUCTIONS



- Before putting your retainers in, brush and floss your teeth.
- Rinse and clean your retainers when you take them out.
- You should clean your retainers regularly by soaking them in retainer/denture cleaner, or by gently brushing with a soft toothbrush and warm water or liquid soap.
  - ✓ [Shop MHO Approved Retainer Products](#)
  - ✓ Toothpaste is abrasive and can cause clouding of the retainers over time.
- Store your retainers in the proper retainer case, out of reach of pets.
  - ✓ Pets love to chew retainers and are the #1 cause of missing/damaged retainers in the U.S.
- Never use hot water to clean or soak your retainers.
  - ✓ Heat can warp your retainers, so don't leave your retainers sitting in the car in the Texas heat.
- Never wrap your retainers in a napkin.
  - ✓ You're more likely to accidentally lose or throw away your retainers if they are wrapped in a napkin.
- Never offer to share your retainers with strangers.
  - ✓ It will not fit them anyways.
- Wear your retainers EVERY night for at least 8 hours.
  - ✓ Retention is a lifelong commitment and your teeth will forever be susceptible to movement.



- If you put in your retainers and they feel unusually tight, that is a sign that you need to increase the hours you are wearing them.
- For any reason, if you go some time without your retainers and notice a tooth starting to shift, immediately put in your retainers, push them in all the way, and wear them full time for 2 weeks.
  - ✓ Usually this will get the tooth back in line as long as it is not past the point of no return.
- DO contact us immediately if you or someone you know has misplaced or broken their retainers.
  - ✓ We are your lifetime orthodontist and replacing your retainers is easy and convenient!
  - ✓ You can order backup retainers at any time by simply giving us a call or text and saying you need to order another set.