
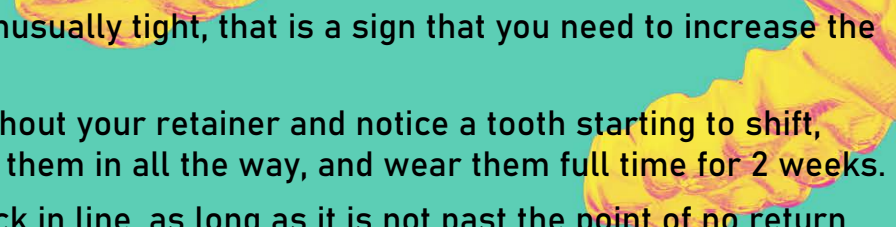


Retainer Home Care

INSTRUCTIONS

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

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- If you put in your retainer and it feels unusually tight, that is a sign that you need to increase the hours you are wearing it.
 - For any reason, if you go some time without your retainer 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 retainer.
 - ✓ We are your lifetime orthodontist and replacing your retainer 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.