



## INSTRUCTIONS FOR RETAINERS

Wear your retainers **while sleeping**, unless instructed otherwise.

Clean your retainers every time you brush your teeth. Use a toothbrush and toothpaste to clean your retainers.

If your retainer has a temporary tooth in it, close the drain to the sink while brushing your retainer.

Do not place your retainers in boiling water or any other heat to clean them. This will ruin your retainers. Also make sure to clean your retainer case, at least weekly with soap and water.

Do not flip your retainers in your mouth with your tongue. This will cause your retainers to become loose and break.

If your retainer(s) does not fit, is lost, or is broken, **call us as soon as possible during regular business hours at 812-634-2040**. Do not wait until your next appointment because your teeth may shift.

Keep your retainers away from pets.

**Bring your retainers to every appointment.**

There will be a charge if you lose or break your retainer(s).