

RALPH J. DEDOMENICO, D.M.D., P.A.

SPECIALIST IN ORTHODONTICS
CHILDREN & ADULTS



INSTRUCTIONS FOR CLEAR REMOVABLE RETAINERS

Lucky you !! In the past everyone had to wear retainers which were obvious because the wires would show across the front of the mouth. Now, we have cosmetically pleasing thin or invisible retainers which are clear, clean, don't effect your speech and are easy to remake should they be broken or lost. The materials are new and if you take care of them, they will last for the two or more years you will have to wear your retainers.

The clear removable retainers have been custom fitted to an impression of your teeth. They are to be worn **FULL TIME** for the first **THREE DAYS** and then at **NIGHT** during sleep time until you are instructed to do otherwise. After the first three days do not wear it during the day as you will break or lose it.

During the first three days, only remove the retainer to brush and eat. Do not eat or drink anything with the retainer in your mouth. If you do, it will cloud up and not be clear. Don't worry if you notice small holes or cracks where the teeth contact. If you have a rough edge, just take a finger nail file and smooth it off.

You must keep this retainer **CLEAN BY BRUSHING** it with only **COLD** water. **DO NOT SOAK IT IN MOUTH WASH OR SUBJECT IT TO H O T WATER.** Cold water is all you need and it should remain clear.

If you should notice any of the teeth moving abnormally, please bring it to our attention as soon as possible. All teeth move throughout life with or without orthodontic treatment. The teeth are alive in the bone and are not like a fence post buried in concrete. With growth, the lower teeth can shift and if it is caught early, action can be taken to stop the shifting. If you wait too long, re-treatment may be necessary at an **EXTRA EXPENSE TO YOU.**

RETAINERS DO NOT LAST A LIFETIME!! THEY MAY LAST 1-2 YEARS AND AT THAT TIME CAN BE REMADE AT A MINIMAL COST.