



# HUB CITY ORTHODONTICS

**CONGRATULATIONS! Your teeth look amazing, but it is important that we keep them in their new alignment. Retainers are the important final step in assuring that your new orthodontic result will last. Teeth will always want to move back toward their original position; thus, RETENTION IS A LIFETIME COMMITMENT!!!**

1. When should I wear my retainers?

- a. For the first month, retainers should be worn 9-12 hrs/day. This can be while sleeping and 2-3 additional hours each day.
- b. After the first month, **they may be worn while sleeping only (~8 hrs/day)**.
- c. Be sure to wear your retainer each night to ensure a stable result!

2. How should I keep my retainer clean?

- a. Your removable retainer should be rinsed as soon as you remove it from your mouth. To clean it, use a soft bristled toothbrush, *cool* water and diluted dish soap. Heat will distort a retainer. **DO NOT** use toothpaste. Toothpaste is abrasive and can compromise the lifespan of your retainer. ***Retainer Brite*** tablets are an optional adjunct to help freshen your retainers. These can be found on Amazon. We recommend using one tablet approximately 1-2x/month.

3. How should I store my retainer?

- a. Always place your retainers in your *closed* case when removed. Dogs and cats love to chew on retainers (and cases). Little siblings love to lose retainers. Please keep them in their case, *in a drawer*, when they are not being worn!

4. My retainer is broken or does not fit. What does this mean?

- a. **A retainer that does not fit or hurts to wear is an indication that it has not been worn regularly.** Even missing a few days in a row is enough to lead to a ill-fitting retainer. Any lost, broken, or ill-fitting retainer that needs to be replaced *will incur an additional charge.*

5. What about the “permanent” wire attached to my teeth?

- a. These are retainers too and are important to maintain. To clean, use *Superfloss* or *Floss Threaders* to floss below the wire. From the front, thread the floss between your teeth, under the wire, floss up and down, and then repeat at the next site.
- b. Please contact our office if they appear to be loose or feel “funny.” Sometimes they are loose and need to be repaired. *This may incur an additional charge.*

**BE SURE TO BRING YOUR RETAINER(S) TO YOUR APPOINTMENTS!**  
**As always, if you have any questions at any time, please call our office @ (301) 733-5230.**

PATIENT: \_\_\_\_\_ DATE \_\_\_\_\_