



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Retainer Care

WEAR

- **You must wear your retainer 16 22 hours per day.**
- Remove your retainer when:
 - Eating or drinking anything besides water.
 - Playing contact sports like basketball, soccer, football, etc.
- Plastic taste leaves quickly and your speech will return to normal in a few days.
- If you are unable to wear your retainer for more than 2 days, soak in water to prevent the retainer from warping.
- Do not flip the retainer with your tongue. It can damage your teeth/retainer.
- Inconsistent wear will let your teeth shift and the retainer will no longer fit.
- **Bring your retainer to every appointment** so we can check and adjust it.

CLEANING

- Clean your retainers daily using your toothbrush and water only.
- You may soak your retainer in retainer/denture cleaner such as Retainer Brite, Efferdent, or Polident using warm (**NOT HOT!**) water for 10-20 minutes, several times per week, or as needed.

CARE

- Store your retainer in the plastic case provided—“in the face or in the case!”
- **DO NOT WRAP IN A NAPKIN OR TISSUE; NEVER PLACE IT IN YOUR POCKET, PURSE, BACKPACK, ETC. WITHOUT THE CASE!**
- Excessive heat will warp your retainer. Do not drink anything hot with your retainer or leave it in your car on a hot day.
- Pets love to chew retainers. Keep retainers in the case and away from pets.
- If lost or broken, please call us immediately or there is a chance your teeth may shift.
- There is replacement fee if your retainer is lost, broken or warped.