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**PATIENT INSTRUCTIONS: RETAINERS**

1. Wear your retainers \_\_\_\_\_ hours a day.
2. Remove retainers when you eat, brush your teeth, play sports or musical instruments.
3. Put your retainers in your case when they are not in your mouth. Never wrap them in a tissue, napkin or paper towel.
4. If you have a **CLEAR** retainer, brush it at least once a day with soap and water.
5. If you have a **WIRE** retainer, brush it at least once a day with toothpaste.
6. Do not put them in anything hot: dishwasher, microwave, or boiling water.
7. Be very careful with your retainers around dogs and cats.
8. Always remove your retainers as instructed. Do not pop your retainers out with your tongue as this can cause breakage.

Please bring your retainers with you to every appointment. If retainers are lost or broken, there will be a fee to replace or repair them. If you experience any problems, please call the office.