



## INSTRUCTIONS FOR YOUR FIRST PHASE RETAINER

### Congratulations on Finishing Your First Phase of Treatment!!!

The First Phase Retainer will be worn throughout what is referred to as the “resting phase”. We will see you every 4 to 6 months from now on. We will be monitoring you as your remaining baby teeth fall out and the rest of your adult teeth grow in.

Your Retainer is to be worn all the time, including while eating and sleeping. Only take your Retainer out for sports that require a mouth guard or swimming anywhere other than a pool. You should learn to eat with your Retainer in so that you don't run the risk of losing it. Take you Retainer out and gently brush it in the palm of your hand with your toothbrush and toothpaste in the morning and after meals and snacks. If you can't brush it, rinse it off really well and also rinse your mouth. Do **NOT** soak your Retainer in mouthwash, boiling water, or any household cleaners. You can give it a good deep cleaning by soaking it in a denture cleaner once in a while.

**Never wrap your Retainer in a napkin.** You or someone may mistake it for trash and throw it away. **Never put your Retainer in your pocket** unless it is in your Retainer Case. **Keep your Retainer away from pets, especially dogs.** Dogs like the smell of the saliva on your Retainer and if you leave it out around the dog, it will be chewed to pieces!



Be sure not to play with your Retainer. Pulling or flicking your Retainer in and out of your mouth with your tongue will put stress on your Retainer and could cause it to break. Always use your fingers when you are removing your Retainer. Call our office right away if you lose, bend, or break your Retainer. We will do what we can to adjust your Retainer. **If your Retainer cannot be adjusted or you have broken your Retainer, the fee to repair it is \$220.00. Please remember to bring in any broken pieces in order to qualify for the repair fee. If you lose your Retainer, the replacement fee is \$320.00.**

Your Retainer will not break with normal wear and care. It will last as long as you need it with the proper care. And don't forget to wear your Retainer to all of your office visits!

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