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# ortho info from rto

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## *R E T A I N E R S*

Retainers are used to hold your teeth in their corrected position.

To keep your teeth in their new position, your retainers should be worn 24 hours a day for one week, then at night while you sleep. We will instruct you further when you may reduce wearing time.

**ALWAYS** keep your retainers in your case when eating.

**NEVER** leave them on a lunch tray, in a pocket, or wrapped in a napkin. Any of these situations may result in losing or breaking your retainers.

When brushing your teeth, be sure to brush your retainers also. (Remember plaque can also form on your retainers, so keep them clean.) Use your toothbrush, toothpaste, and cold water. Never boil or use hot water as this could damage your retainers.

Your speech may be affected the first few days of wearing your retainers. Reading aloud to yourself can help you become more accustomed to your retainers and will allow your speech to quickly return to normal.

To assure a proper fit, it is very important to bring your retainers to your appointments so they may be adjusted.

To avoid a charge for broken or lost retainers, please handle with care!

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