



(510)792-7888
info@fremont.dental

46921 Warm Springs Blvd.
Suite #203 Fremont, CA 94539

Taking Care of Your Retainer

Congratulations! You put a lot of effort into reaching this important milestone. To make sure your beautiful new smile lasts a lifetime, you must embark on the next stage of your treatment – and maybe the most important: wearing your retainers.

A Few Words of Advice:

1. When your removable retainer is not in your mouth, put it in its case.
2. Always carry a retainer case with you.
3. Avoid dropping your retainer into a pocket or purse – the retainer can be damaged.
4. Never wrap your retainer in a napkin – it's too easy to throw away.
5. Keep your retainer out of the reach of pets – dogs in particular seem to be attracted to retainers and can quickly chew them into a state of uselessness.
6. Avoid heat – your retainer can become deformed if it's left on a heater, hot stove, or in a hot car.
7. Rinse/wash your retainer before and after each use and/or after the use of an effervescent cleanser.
8. Always air dry in a cool, clean spot before storing.

Retention Protocol:

Maxillary and mandibular removable retainers must be worn fulltime for 90 days after deband, and worn nightly thereafter.

Keeping your smile healthy and beautiful is in your hands. Brush and floss at home, visit your dentist regularly, and wear your retainers as instructed to maintain your results.

How to clean your retainer:

Please rinse your retainer and wash with hand soap every time you remove it from your mouth. This removes all the saliva daily and keeps any build-up to a minimal. Once a week, try to do an in-depth cleaning with denture cleaner by soaking it for at least 20 minutes.

***Things you NEVER do to clean your retainer**

- DO NOT use toothpaste or anything abrasive; it will scratch your retainer.
- DO NOT soak your retainer in HOT/boiling water or run it through the dishwasher; it can melt it and distort it.
- NEVER soak your retainer in mouth wash, rubbing alcohol, or bleach; the chemical will distort it.