



RETAINER INSTRUCTIONS

CONGRATULATIONS ON REMOVAL OF YOUR BRACES!

There is one more **CRITICAL** step to keep your smile beautiful...**RETENTION!**

1. You will need to use these retainers as long as you want your teeth straight
2. Your retainers have been specifically designed to hold your teeth in the corrected position
3. Your lower retainer is bonded permanently to the tongue side of your teeth. Please do not remove this retainer without consulting us.
4. Wear your retainer as directed except during sports, while you're eating, or when you are brushing your teeth.
5. Brush your retainer with warm soapy water a few times a day. Be sure to rinse thoroughly.
6. Avoid hot water and sunlight. Do not soak them in mouthwash.
7. Always store your retainer in its case when you are not wearing it. *Dogs and cats find retainers to be delicious – keep them out of reach!*
8. Unless otherwise instructed, we are asking you to wear your retainer all day every day for **3** months. After that, you can go to night-time wear only.
9. It will cost **\$200.00** to replace each retainer, so please take care of them.

Thank you,

San Martín Orthodontics