

### **Schwartz Instructions: How to care for your upper retainer**

**When:** Wear your Schwartz retainer 24 hours per day. You should eat, sleep and live in it! [You may take it out only to brush your teeth and retainer.](#)

**Speech & swallow:** You will have more saliva in your mouth for a few days until your brain gets the idea that the expander is not something to eat. Once that happens then you will have a normal swallowing pattern. During your adjustment period you will have to swallow more often. If you are having difficulty swallowing, then take small sips of water and you will learn to swallow. If you are having trouble speaking then read out loud to yourself.



**Turn:** You should turn your Schwartz retainer 2 times per week, on [MONDAY AND FRIDAY night](#). Remember to TAKE THE RETAINER OUT to turn the expander. After you expand your retainer, you should expect it to feel tight for about an hour or so.

**Turn key:** The key used to turn your expander will need to be put in a safe place. [The place you are choosing to keep it safe is: in your retainer case in the bathroom.](#)

**Food:** You should wear your Schwartz retainer when you eat. You may take it out at the end of the meal to brush both your teeth and the retainer. **Do not** chew gum or anything sticky because it will dislodge or stick to the retainer.

**Care:** Brush your retainer when you brush your teeth. Always take the retainer out to brush your teeth. Never put the retainer in hot water, this may cause it to distort. Occasionally you may want to soak your retainer in mouthwash while you brush your teeth to keep it fresh.

**Spaces:** You may get large spaces between your teeth and your jaw will be over expanded initially. This is good. The over-expansion will relapse some and that will give us room for all your teeth to come in. Our goal is to avoid extracting permanent teeth.

*Please contact us with any questions you may have!*