

Phase 1 Translucent Retainer (TR)

Retainers are important to wear between Phase 1 and Phase 2. The purpose of this appliance is to maintain arch width and tooth position after Phase I treatment while providing sufficient space for erupting adult teeth and falling out of the baby teeth.



Inserting Retainers

Insert retainers with finger pressure **ONLY**. Do **NOT** use your teeth to insert retainers or they will break. Removal should be with **BOTH** hands to prevent cracks from occurring in the front of the clear retainer. The life expectancy of a retainer depends on the care you give it. Speech and salivation may be different for the first day or two, but it will return to normal after wearing your retainer for a few days.

Retainer Wear

Wear your clear retainers **FULL TIME** for 6 months. Wear your retainers or your teeth will go back to where they were. If you leave your retainers out for a day, do not expect to correct the resultant problem by then wearing your retainers.

It's very important to **carefully clean your teeth** with brush, floss and to rinse well just before the retainers are placed in your mouth. **Never** drink carbonated beverages, juice, milk or anything besides plain water just before the retainers are worn. Failure to follow these instructions could result in decay and discoloration of your teeth from sugars that may be on your teeth.

Retainer Care

A retainer is often lost when it is wrapped in a napkin at a meal and then thrown away. There are only two safe places for your retainers: in your case and in your mouth! Brush your retainers with toothpaste daily and use Efferdent or Polident (denture cleaners) once a week for best results. **NEVER** boil your retainers or place in hot water. Caution: if a dog gets the retainer it will be destroyed. (This could lead to bad feelings about the dog and I'm sure you like your dog – so, let's keep it that way.)

Dental Care

See your family dentist **as soon as possible** to have a cleaning and exam.



Growth guidance appointments

Always remember to bring your retainer to your appointments!

Please feel free to call us with any questions you may have!



COOKE

ORTHODONTICS