

### **Translucent Retainers (TR)**

Wearing retainers is the last phase of your orthodontic treatment. Your retainers will keep your teeth straight as they settle into their final position. Translucent Retainers (TR's) are plastic appliances that fit over the upper and/or lower teeth and provide a stable positioning to retain the current position of your 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***

Retainers are to be worn every night **forever**. Failure to wear retainers every night may result in shifting of teeth that may require re-treatment.

It's very important to carefully clean your teeth by brushing, flossing and rinsing well 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. Once a week, use denture cleaner (Efferdent or Polident), white vinegar or hydrogen peroxide to soak retainers in 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.)

#### ***Retainer Check-ups***

Always remember to bring your retainer to your check up visits! Retainer check-ups will be on an as needed basis for the first year.

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