



**ORTHODONTIC SPECIALTY SERVICES  
DR. ARON DELLINGER**

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**PHASE 1 RETAINERS: TO HOLD YOUR PROGRESS**

Now that your orthopedic or Phase 1 appliances have been removed, your retainer(s) will hold your teeth in their new position. Think of your appliance(s) as “helpers” in keeping a good looking smile.

1. The retainer(s) should be worn 24 hours daily until further instructed. Do not wear your retainers during eating, swimming, or vigorous sports.
2. Brush your retainer(s) with a toothbrush and toothpaste or use an electric or oral device. You may want to soak your retainer(s) in mouthwash to keep them fresh. A monthly soak in Efferdent will remove excess plaque.
3. These appliances are delicate, so please keep them in your case when they are not in your mouth. In the event of lost or broken retainer(s), there is a replacement or repair charge.
4. If your retainer(s) should become lost or broken, please contact our office.