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## **ORTHODONTIC SPECIALTY SERVICES**

Dr. Aron Dellinger

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## **RETAINERS: A FINISHING APPLIANCE**

Now that your braces have been removed, these retainer(s) will hold your teeth in their new position. Think of these appliances as your “insurance policy” to best maintain the alignment of your teeth.

1. These retainer(s) should be worn 24 hours daily until further instructed. The only time retainer(s) are not worn is while playing sports, eating, swimming, or brushing your teeth. After the first nine months, it is recommended that you wear your retainer(s) every night while you sleep to prevent tooth movement.
2. Caring for your retainer(s) involves brushing them thoroughly with toothpaste as you do your teeth. Occasionally, you may want to soak them in mouthwash to keep them fresh. Please note, if you have a clear (Imprelon/Essix) style retainer, do NOT soak this style of retainer in mouthwash. Mouthwash will cause this style of retainer to stain. A monthly soak in Efferdent® will remove excess plaque. Never use boiling water to clean your retainer or leave it on a hot surface. The heat will distort the plastic and the retainer will not fit properly.
3. These appliances are delicate so please keep them in your case when they are not in your mouth. Never wrap the retainer in a napkin or tissue, as they may be thrown away. Keep the retainer away from pets – they love to chew on them.
4. If you lose or break a retainer, please call us immediately. Not wearing your retainer can cause teeth to shift and the retainer will not fit. Additional charges will be made for lost or broken retainers, or a retainer that does not fit because of insufficient wear or negligence.