



MCELHINNEY & BREHA
— ORTHODONTICS —

Kind, Gentle and Fast Braces

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330-650-0880

INSTRUCTIONS AND CARE OF RETAINER

1. You are receiving _____ clear aligner retainers. They are custom made to hold your front teeth in alignment and maintain your arch form. One retainer is a back-up, keep it in a safe place.
2. Your retainer needs to be worn for **12 hours each day** for the first year. Optimally, most of these hours should be while sleeping or at home. Each retainer is made of the same material.
3. It is your responsibility to care for your retainer. Handle it with care to prevent breakage and always keep it in the case provided when not in your mouth. Do not wear your removable retainer when eating, brushing, playing sports and swimming.
4. Clean your retainer with toothbrush and tooth paste after each wear. Keep your retainer safe from pets and extreme heat, including hot water- your retainer is plastic and this will distort it.
5. Positioner wear guidelines _____
Always keep your positioner as a backup retainer.