

## Spring Retainers

- In order for the retainers to work properly, they must be worn 24/7 for the period of time instructed by the Doctor. Only remove them to eat and brush your teeth. You can leave them in place while drinking most cool, clear beverages.
- When you remove them to brush your teeth, also thoroughly, but gently (so that you don't bend any wires), brush the retainers with your toothbrush and toothpaste. Soaking them in water with Efferdent tablets once a week will also keep them clean and prevent build-up of plaque and tartar. Always use cool or lukewarm, never hot, water.
- When you remove your retainers to eat, always place them in the retainer case provided. Never place them in a tissue or napkin, as these are often discarded in the trash. Do not keep them out of your mouth for extended periods of time before and after eating, as this can compromise their effectiveness.
- It is best to brush your teeth after every meal before you replace your retainers. If you can't, at least rinse your mouth with water to remove any food particles.
- Keep your retainers out of reach from pets, as they like to use them as chew-toys.
- Since these are new appliances, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the retainers will speed this process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to the retainers.
- The Doctor will check your retainers periodically and adjust them as needed. Please remember to bring them with you to every orthodontic appointment at the office.