

Cavanaugh Orthodontic Care  
391 W. Weaver Road  
Forsyth IL 62535

**Phone (217)872-0623**

## **RETAINER INSTRUCTIONS**

- Wear your retainers day and night. Take it out for meals and brushing.
- When your retainers are out, make sure they are in a case. They are thrown away very easily.
- Do not lay them anywhere hot. Example: The car in the summer, a beach bag, ect. They WILL warp!
- Do not put them anywhere a pet might get them. Dogs love saliva!
- Do not put them in your pocket when you take them out to eat. That is a great way for them to break.
- When removing retainers, pull down with your fingernails in the back first, then work your way forward. Do not pull down in the front first. They tend to wear in that spot.

### **Cleaning**

- Brush them inside and out every time you brush your teeth.
- They may be soaked in denture cleaner (such as Efferdent) once or twice a week.
- They also may be soaked in white vinegar.
- DO NOT boil them!!!!

If you ever notice your retainers do not fit properly.. If they wobble up and down or don't seat all the way over your teeth-CALL THE OFFICE!! You will probably need new ones to guarantee your teeth do not shift. Also, if they crack or wear through the biting surface-call us.

If retainers are not worn properly for the prescribed amount of time, there is always potential for your teeth to move. You have invested a lot of time, effort and money in obtaining a beautiful smile!! Do not throw it away! We want you to be happy with the end result.

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Patient Signature

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Parent Signature