



REMOVABLE RETAINERS

- Please brush your retainer daily with your toothbrush and toothpaste. Do not use hot water as it can melt and/or distort the shape of your retainer (the retainer will no longer fit properly).
- Take your retainer out for eating and brushing. Store your retainer in your case when you are not wearing it. Do not wrap it in a napkin, as that increases the likelihood that it will get thrown out.
- Store your retainers out of reach of pets (especially dogs!).
- In the event of illness (eg. Flu), when you may not feel like wearing your retainer for a couple of days, store it in a glass of water. Your retainer is designed to be in a moist environment (your mouth!), so if it is left in your case for longer than 24 hours, it can dry out, become distorted, and no longer fit properly. Do not store your retainer in mouth rinse.
- If your retainer breaks, or doesn't seem to fit properly, please let us know. We will accommodate you as soon as possible. Thank you for your co-operation.

