

spring retainer

This type of retainer is commonly used to maintain the current positions of your teeth, but it may be designed to make/hold space for teeth to come in, change the alignment of your teeth, or close spaces. The doctor will review the purpose of your retainer with you.

USING YOUR RETAINER

It is normal for the retainer to feel snug or the teeth to be sore the first few times it is worn. It is important to continue to wear the retainer so that it will work properly. The doctor will advise you how much to wear your retainer for it to work properly.

Keep your retainer away from pets, they love to chew them!

Your retainer may need to be adjusted occasionally to achieve the desired results. The doctor will review the necessity of any future visits with you.

To clean your retainer, you can use a toothbrush and either toothpaste or anti-bacterial hand soap. You may want to use a different toothbrush than you use for your teeth to avoid a soapy taste!

Do not place your retainer in the dishwasher or boiling water to clean it. Only use room temperature water when cleaning or storing it to avoid distortion.

Only remove and replace the retainer using your hands as we showed you at the office. Biting it into place or using your tongue to flip it in and out may cause it to loosen or break.

