



## After Treatment: Care of your New Smile

Even after treatment, we will provide you with fitted retainers made in our own in-house custom lab, usually the same day your braces are removed. Your retainer is a very important piece of your orthodontic treatment that will help keep your straight smile beautiful for years.

For your best results wear your retainer at all times, until your orthodontic specialist instructs otherwise. Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to it faster. Here are some other tips to help you to care for your retainer.



Always bring  
your retainer  
to your  
appointments.

## Cleaning

Cleaning a retainer removes the plaque, and eliminates odors. To care for your retainer:

- Clean once a day
- Use only a toothbrush and gel toothpaste.
- Use cold water - avoid hot.

## Caring

Take your retainer out while:

- eating
- swimming
- sports

**PROTECT:** Always put your retainer in its case when you aren't wearing it. Dogs love retainers, keep yours out of reach.

### AVOID:

- hot water
- hot environments (ie. car dash)
- the washing machine
- napkins

## Lost or Damaged ?

Retainers are breakable, so treat yours with care. If your retainer gets lost or broken, call us immediately.

Call us at:

**705-942-7223**

Retainer replacements are expensive, but with proper care they will last for years!

### Did you know?

Gritty toothpaste may scratch & damage your retainer. Efferdent® or other orthodontic appliance cleaners can be used but do not take the place of brushing.