



REMOVABLE RETAINERS: WHAT YOU NEED TO KNOW

WHY?

Your braces move your teeth into a new position. Your retainer keeps your teeth in that position. Even years after braces, your teeth will want to move back into their same old spot. This is an important part of your treatment.

HOW?

- Brush ONLY with toothpaste and cool water. Twice daily.
- Your retainer is not a toy. Playing with it can cost you major \$\$\$.
- Keep it in the CASE.
 - Not in a napkin
 - Not on a tabletop
 - Not in a hot car
 - Not in your pocket
- If it breaks*, DO NOT use glue. Call us immediately at 281-342-6311

NOTE: You will incur a fee for a broken retainer.

DO!

- Plaque will show up here. Make a point to brush this area well.
- Floss at least once daily. Floss threaders are your friend!
- This is your forever retainer.
- If you notice damage to your retainer, call us immediately!

WE LOVE HAVING YOU AS OUR PATIENT!