



Jarosz & Valente Orthodontics, P.C.

Practice Limited to Orthodontics

Children & Adults

www.jvortho.com

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Invisible Retainers

The purpose of your retainer is to hold the teeth in their corrected position. Relapse (return of the teeth to their original position) can be seen with some patients. Good retainer wear will help prevent this process. Orthodontists are recommending longer retainer wear since tooth positions can change as we grow and age. Supervision of tooth alignment becomes a life-long process. Lost retainers are always a problem.

WEARING INSTRUCTIONS:

The invisible retainers need to be worn 24 hours each day for just the first 7 days. After the first week, the retainers need to be worn at night only. **BE SURE TO WEAR THEM EVERY NIGHT.** During the first week the retainers are only to be taken out for eating, brushing, swimming and any contact sports.

Whenever you take the retainers out, be sure to put them in your labeled retainer case so that they will not get broken or lost. If you lose or break your retainer(s), you will be charged the current retainer fee for replacement.

CARE OF YOUR RETAINERS:

Clean your retainers with a toothbrush and toothpaste everyday. Never place your retainers in boiling or very hot water. This can melt or distort them. Efferdent (Denture Cleaner) can be used from time to time to keep your retainers clean. Efferdent can be purchased at any drug store. Keep your retainers out of reach of any pets. **BE SURE TO BRING YOUR RETAINERS TO EACH APPOINTMENT FOR ADJUSTMENT.**

IF FOR ANY REASON YOU ARE UNABLE TO WEAR THE RETAINERS, THEY BECOME LOST, OR BROKEN, PLEASE CONTACT THE OFFICE IMMEDIATELY (DURING OUR NORMAL BUSINESS HOURS). DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT.