



Removable Retainers

1. Your removable retainer is to hold your teeth where the braces put them! Your teeth will move / shift if the retainers are not worn.
2. There are only 2 places for a retainer to be: in your mouth **OR** in the case.
3. Wear the retainer as per Dr. Grubisa's instructions and remove at meals and when brushing your teeth, or contact sports.
4. Clean retainer by brushing with toothpaste. **DO NOT** soak it in mouthwash. **DO NOT** put anything on your retainer that you would not put in your mouth.
i.e. **DO NOT** put it in bleach or boiling water or the dishwasher.
5. Always bring your retainer to your appointment.
6. Always remove your retainer as instructed – both sides at the same time, to prevent breakage. Avoid flipping the retainer with your tongue. This can cause damage to your teeth, as well as weaken, bend or break your retainer.
7. **DO NOT** put it in your pocket or in a tissue – you will lose or break it, **OR** if you have a dog or cat they will find it and eat it.
8. There will be a replacement charge for lost retainers or if the retainer stops fitting due to inconsistent wear.

Fixed Wire Retainers

9. Your fixed wire retainer is **bonded** to the back of the front teeth. It holds your teeth in their new positions and you should keep it forever otherwise your teeth will move!
10. The back of the teeth and the wire, must be brushed carefully and you must floss using floss threaders or "Superfloss".
11. If one of the bonds (attachments from the tooth to the wire) is broken or gone, or if you notice a tooth starting to move, please notify the office immediately to have it repaired. **DO NOT** remove or pull it out if any part of it is loose.
12. The bonded retainer wire has been custom made for your mouth. If you have removed it for some reason, keep the wire, **DO NOT** throw it out. Bring it to your appointment so that we may re-bond it. If you do not keep the retainer a new one has to be made and a replacement fee will apply.

Most importantly ... *smile lots!!*
CONGRATULATIONS!!!