



## **REMOVABLE APPLIANCE (RETAINER)**

Your appliance is a removable retainer-like appliance. It is important to wear it 24 hours a day to ensure efficient tooth movement.

### **Care Instructions**

- Brush in cold water with toothpaste every time you brush your teeth
- Avoid gum and other sticky foods
- Call us if it is excessively loose or if you have a problem

### **Replacement**

When these appliances are worn 24 hours each day or left at home to be worn at night, there is little likelihood that they will be broken or lost. However, if they are worn intermittently, losing them is possible. Lunch breaks during school or camp are particularly risky opportunities for loss! Have your child bring their case for safe storage during lunch.

Should it be necessary to replace a lost or repair a broken retainer, there will be an additional charge.

### **Don't Forget**

- Your routine six-month checkup appointments
- To bring your appliance to these appointments even if you wear the appliance only at nights

### **Sports**

- Take your appliance out while playing organized sports
- Take your appliance out while swimming
- Whenever your appliance is not in your mouth, it **MUST** be in the retainer case!

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