

Retainer Care

While in braces, your teeth have been moving. Your retainer holds your teeth, so that new bone can form around the roots to stabilize them in the correct position.

- **Your retainer must be worn while you are home and at night** while you are sleeping until Dr. Williams says otherwise. Take it out when eating & brushing your teeth.
- **Clean your retainer** by holding it in the palm of your hand and gently scrub with a toothbrush & toothpaste.
- When your retainer is not being worn, **keep your retainer in the case** provided for you.
- **Never wrap your retainer in a napkin.** It will get thrown away!
- **Dogs love to chew retainers.** Keep it in the case and somewhere the dog is not able to reach it.
- **Never put your retainer in your pocket** without it being in your case. It will break or end up in the wash!
- **Don't make a habit of popping or clicking your retainer** in and out with your tongue. This will cause it to become loose and possibly break.
- **Never soak your retainer in denture cleaner or place it in hot water.** If you feel the need to soak your retainer, you may purchase Retainer Brite from our office or online at www.retainerbrite.com.
- **Bring your retainer** to every appointment! Dr Williams will see retention patients 3 months after braces are removed and again in 6 months. Your final visit will follow 12 months later. This is included as part of your treatment contract.

Michael D. Williams, DMD
www.drwilliamsorthodontics.com

145 Towne Lake Pkwy., Ste. 201
Woodstock, GA 30188
(770) 592-5554

205 Waleska Road, Suite 1-A
Canton, GA 30114
(770) 345-4155