



INSTRUCTIONS FOR WEARING APPLIANCES

GENERAL INSTRUCTIONS:

1. After eating, brush your appliance on both sides with toothbrush and toothpaste. Brush and floss your teeth and gums. If you are unable to brush, please rinse the appliance off in cold water. Return your appliance to your mouth.
2. You may soak your appliance in vinegar, lemon juice or denture cleaner for ten (10) minutes as often as necessary to keep it fresh smelling and free of calcium deposit or food deposits.
3. Talking will seem awkward at first; but with practice it will become easier.
4. If your appliance seems to be fitting improperly, or if it is cutting or rubbing anywhere, please call us quickly for an appointment so that it can be adjusted. Please do not remove it or wait until your next appointment to tell us it is uncomfortable.
5. Your appliance may taste funny at first; you will probably salivate more than usual for a day or two. These problems will soon go away.
6. Your teeth may be a little sore at first or your appliance may seem to fit too tightly. If necessary, hold warm salt water in your mouth for a few minutes and/or take Tylenol (or other analgesics) for any soreness you may have. It will go away in a few days, and your appliance will fit better as your teeth adjust to it.
7. Please DO NOT rinse or soak your appliance in HOT water. It will warp the appliance and ruin it.

CONVENTIONAL RETAINERS:

1. Please wear your retainer at least twenty-one (21) hours every day. You may take it out to eat and brush.
2. You may take your retainer out to eat, but be sure you NEVER wrap it in a napkin. This is the most common way to lose a retainer.
3. It will be necessary to wear your retainers full time, or 21 hours, for several months. If you do this faithfully, you will be able to wear them less very soon.
4. Don't flip your appliance with your tongue. It causes all kinds of serious problems.

Your retainer is an essential part of your orthodontic treatment. Without it, your teeth will wander and begin to relapse into their original positions. Please take the wear of your retainer very seriously.

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