



You have just entered an important part of your Invisalign treatment – the retention phase. Over the next few months your teeth will go through a settling phase before they become stable.

Teeth move by dissolving bone and making new bone around the tooth roots. The first 6 months of retainer wear is essential to hold your teeth straight while new bone is forming around your roots.

Whether your retainer is clear, or glued to your teeth, it is important to wear your retainer as recommend by your orthodontist.

Indefinite nightly retainer wear is recommended as long as you want your teeth to stay straight.



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CLEANING YOUR RETAINER

- Brush your retainer with your toothbrush and water at least two times a day.
- Only use cold water when cleaning your retainer. Hot water can distort the retainer so it won't fit properly.
- You can use cleansing tablets, like Efferdent, for a deeper clean.
- Never put your retainer in the dishwasher or on any hot surface!

HANDLING YOUR RETAINER

- Keep your retainer in your mouth or in the case provided at all times. Putting your retainer in your pocket or on a table is how it usually becomes lost or broken.
- DO NOT play with the retainer in your mouth – clicking up and down – this will weaken the wires and may cause your retainer to break.
- BEWARE OF DOGS – they love to chew on retainers.
- Avoid biting into hard foods, such as carrots, with your front teeth as lower permanent retainers can be broken by this action. Use your side and back teeth to prevent breakage and incurring charges for repair or replacement.

We have provided you with enough retainers to last you a life-time, you can wear them at night for several months to years, and if they wear or are lost, simply transition yourself to the next set.

If you have any significant dental work done, your retainers may no longer fit. Please call us to have the fit evaluated. Charges for additional/replacement retainers will apply.