



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

Retainers wear and care

You worked hard to get your teeth beautiful, keep them that way by wearing your retainers reliably.

Clear retainers: Retainers are to be worn as prescribed by the doctor. Incorrect wear could result in a relapse of treatment. The minimum wear time is 12-14 hours per day or more if prescribed. To clean your retainer use a soft-soap as toothpaste will make the clear plastic turn white. Using a denture cleaner tab every 1-2 weeks will help keep your retainers sparkly clean.

Wire retainers: Retainers are to be worn as prescribed by the doctor. Incorrect wear could result in a relapse of your treatment. The minimum wear time is 12-14 hours per day or more if prescribed. To clean your retainer's just brush them at night while you are brushing your teeth and use a denture cleaner tab every 1-2 weeks.

General care rules: Never boil or microwave your retainers to clean them as this will deform them. Keep your retainers out of the sun (dash of your car). Never wrap your retainer in a napkin as you will likely throw them away. Never let your animals get your retainers, they will try to wear them. Do not wear retainers while playing sports. Never put retainers straight into your pocket, this will bend them. If you every loose, break or are unsure if your retainers are fitting correctly then call our office ASAP to setup an appointment.

Make sure to place your retainers in your retainer case when you are not wearing them and put them in a safe place!