



## INVISALIGN® RETAINERS INSTRUCTIONS

Retainers are made of clear durable plastic that fits over your entire arch of teeth. Once placed, your teeth and gums will show through the plastic, making the retainers appear nearly invisible. Retainers are very important in the long-term maintenance of your teeth alignment.

Please follow the guidelines below to ensure not only the long life of your retainers but more importantly, the optimum esthetics and health of your teeth and gums. A retainer that is well cared for can last for many years.

1. Immediately after the removal of the attachments ("buttons"), **you must wear the first set of retainers full-time for 3 months. Full-time is defined as 24 hours a day including sleeping hours. After 3 months, you will then wear the additional retainers at night for a lifetime.**
2. Teeth move as we age, whether you have had orthodontic treatment or not. Retainers are required indefinitely if the results of the orthodontic treatment are to be maintained forever, but the first two years after the completion of Invisalign treatment are crucial.
3. If your retainers start to feel too tight or you feel like your teeth are starting to shift, inform us immediately. As a courtesy to our patients, we provide complimentary retainer checks.
4. To ensure the longest possible life of your retainers, please:
  - Brush the plastic after wearing it with mild soap and water only.
  - Do not use toothpaste or harsh cleaning materials.
  - These retainers are made of plastic. Therefore, you should keep them away from heat sources such as car dashboards, boiling water, microwave ovens, washing and drying machines.

- Always remove your retainers to eat and brush your teeth. You can leave them in place while drinking most cool, clear beverages.
  - It is best to brush your teeth after every meal before you replace your retainers. If you can't, at least rinse your mouth with water to remove any food particles.
  - Because your retainers are small and clear, they are easy to lose. Store your retainers in the case provided and place it in a safe place when not in use. **Never wrap your retainers in paper towels or napkins.** That is the number one reason why patients say they lose them.
  - Keep your retainers out of reach from pets, as they like to use them as chew-toys.
5. Should you ever have a problem with your retainers, or if lost or distorted, please call our office. Usually, there will be a charge for lost or broken retainers, or if retainers no longer fit due to improper or lack of wear.

### RECOMMENDED RETAINER WEAR PROGRAM

- 1<sup>st</sup> and 2<sup>nd</sup> set: worn daily for 3 months
- 3<sup>rd</sup> set worn: at night for 9 months
- 4<sup>th</sup> set worn: 3 nights a week for 9 months/1 year