

# Clear Vacuum-Formed Retainers

Your retainers should be worn as prescribed by Dr. Calef:

- ❑ 24 hour/day for 6 months except when eating or brushing
- ❑ 15 hour/day (i.e. 4pm-7am) for 6 months
- ❑ Sleeping time only, indefinitely

Clear retainers come in a variety of thickness' and usually the thin retainers are the most comfortable to wear and easiest to talk with. Dr. Calef does not usually have the thick retainers worn when 24 hour/day wear is needed.

The thin retainers are somewhat delicate and care should be taken to avoid breakage by:

- Placing retainers in their cases whenever they are not in your mouth. (Dr. Calef would be happy to provide you with cases as needed).
- Gently brush with water and a toothbrush. Toothpaste scratches clear retainers. Be careful not to crush your retainer when brushing it, especially lower retainers.
- Enzyme daily with denture cleaner to keep retainer clean.

**NEVER** place retainer(s) in your pocket or wrap retainer(s) in a napkin. Keep retainers away from young children and pets.

BRUSH teeth & retainer ALWAYS BEFORE BED and several times throughout the day, (if wearing throughout the day).

To DISINFECT RETAINERS if necessary (i.e. retrieving from trash or repeat strep infections), place 2 drops of bleach in a cup of water and soak for 30 minutes. RINSE VERY THOROUGHLY. NEVER BOIL RETAINERS.

Thick retainers may be recommended if one grinds teeth when sleeping (bruxism), or in the case of repeated breakage. A different type of retainer may also be recommended.

Replacement cost of retainers will be discussed at time of visit.

Please contact Dr. Calef if retainers are lost or broken ASAP, to avoid shifting of teeth.

**WEAR RETAINERS FAITHFULLY to keep your smile looking as great as the day your braces were removed.**