

LET'S KEEP THAT GREAT SMILE GOING!

- ☀ Retainers are recommended for a lifetime
- ☀ We will provide you with your initial set of retainers
- ☀ We will supervise the wear and care of your retainers and help you with any problems

WEAR YOUR RETAINERS _____ HOURS PER DAY

HOW TO CARE FOR YOUR RETAINER

- Clean retainers with a toothbrush, cold water and hand soap. Toothpaste is abrasive and not recommended.
- Do not use hot water.
- Do not wrap them in a napkin or paper towel, they may get mistaken for trash and thrown away.
- Keep them away from any dogs, cats, elephants or other pets - they love to chew them up.
- Soak retainers in retainer cleaner as needed to keep clean and avoid discoloration.
- Floss fixed/permanent retainers daily using floss threaders or special floss for braces.
- Always remove your retainers when eating, drinking or brushing your teeth.
- Bring your retainers to ALL your appointments.
- Retaining your smile is a life-long process - you will keep them forever.

If you lose or break your retainers, please contact us **IMMEDIATELY** at 804-282-0505. Your teeth will move if your retainers are not worn. There is a charge for lost or broken retainers.



RETAINERS

MAKING YOUR HARD WORK LAST



GLO
gardner & la rochelle
orthodontics

