



500 Kenwood Avenue  
Delmar, NY 12054  
518.439.9339 Phone  
parkerortho@mac.com

Member  
American Association of  
Orthodontists



### **INVISIBLE (CLEAR) RETAINERS**

**Congratulations!** You have finished your orthodontic treatment. Doctor Parker wants you to maintain your healthy beautiful smile and wearing your retainers as instructed is the best way to do this.

- 1) Your invisible retainers are made of a thin plastic material that covers the teeth.
- 2) Wear the retainers 12 hours (evenings: after dinner until waking in the morning) or 24 hours per day (unless otherwise instructed by the doctor). After six months wear the retainers every other evening for 12 hours.
- 3) Take your retainer(s) out to eat and to brush your teeth.
- 4) Clean the retainers with soapy water and a Q-tip applicator. Using a toothbrush and toothpaste will dull the finish. **DO NOT WEAR RETAINERS OVER UNCLEAN TEETH. THIS MAY ACCELERATE TOOTH DECAY AND GUM PROBLEMS.**
- 5) **Do Not** put the retainers in hot or boiling water, the dishwasher or expose to heat. High temperatures will distort the retainer(s) and then they will no longer fit your teeth and your teeth could shift and misalign.
- 6) Handle the retainer(s) with care; whenever the retainers are not in your mouth please place it in the case provided. **NEVER WRAP THE RETAINERS IN A NAPKIN OR A TISSUE OR PLACE IT IN YOUR POCKET.** This is a common way to lose or break the retainers.
- 7) Keep the retainer(s) **AWAY FROM PETS.** They like to chew on the retainers and this can lead to damage of the retainer(s).
- 8) If your retainer(s) split, crack, break or becomes lost, **PLEASE CONTACT THE OFFICE AS SOON AS POSSIBLE.** *If you do not wear your retainer(s) for just a few days your teeth can shift quickly.* This can result in the need to remake the retainers or even going back into orthodontic treatment. There will be extra charges if re-treatment or remaking of retainers is needed.
- 9) If you grind or clench your teeth, your retainers may get wear marks or small holes in the retainers, call the office if this occurs. Call for an appointment to have the retainer(s) evaluated.