Need to Know

A few simple habits help your retainer keep your new smile in place.

- **Bring your retainer to every appointment.**
- **Never wrap it in a napkin.** Napkins get thrown away. When it isn't in your mouth, it goes in its case.
- **Keep it away from pets.**
- **Clean it with a toothbrush and water** to prevent scratches and plaque buildup. Retainer or denture cleaning tablets are OK to use too.
- **Don't pop it in and out with your tongue.** This loosens the retainer and can break it.

Parents: you're our partner

A quick nightly "Is your retainer in?" goes a long way. A retainer only works when it's worn.

Questions? Call or text us anytime during office hours.

Contact Us

CALL OR TEXT
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AFTER HOURS
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VISIT
210 Valley Mall Parkway
East Wenatchee, WA 98802

HOURS
Mon–Thu 8:00–4:30

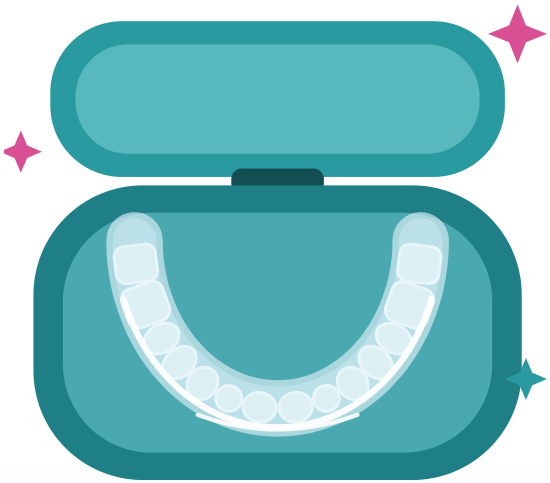
Scan for more info online
wvdentalvillage.com/Pediatric-Orthodontics

Lost or broken retainer?
Call us as soon as possible so your teeth don't shift.

LIFE WITH YOUR

Retainer

Care tips & answers for teens and parents



VILLAGE ORTHODONTICS
A Wonderful World for Braces & Smiles

Wenatchee Valley Dental Village
Pediatric Dentistry & Orthodontics

FAQs

1 What if I lose or break my retainer?

Call our office as soon as possible to get a new one. Without it, your teeth can start to shift.

2 What if I don't wear it as instructed?

Your teeth can shift, and you may need orthodontic treatment again.

3 How often will you see me?

We'll see you for retainer checks periodically for up to one year. Please bring your retainer to each visit.

4 How long do I wear it?

Forever! Wearing your retainer every night keeps your teeth from shifting.

Wear it as prescribed

Your orthodontist will tell you whether to wear it **full-time** or **at night**. Follow that plan, and keep wearing it nightly for life.

Types of Retainers

Clear (Essix) — Removable and nearly invisible.

Wire (Hawley) — Removable and adjustable.

Fixed (Bonded) — Permanent. Use floss threaders to clean around it.

Daily Cleaning

- ✓ **Rinse it** right after you take it out.
- ✓ **Brush gently** with a soft brush. Use mild soap for clear retainers or a non-abrasive paste for wire retainers.
- × **No hot water** and no abrasive cleaners.

Weekly Deep Clean

Soak for **15–30 minutes** in diluted vinegar or a retainer cleaning solution. This kills bacteria and removes stubborn buildup.

Rinse it well before you put it back in.

Tip: Bring your retainer to every visit, safely in its case.

Storage

- ✓ **Always** use a hard, ventilated case.
- × Never wrap it in a napkin. It's easy to throw away.
- × No heat. Don't leave it on a car dashboard.
- × Keep it away from pets.

Eating & Wearing

- ✓ Wear it **full-time or at night**, as prescribed.
- ✓ **Take it out to eat.**
- ✓ Plain, cool water is OK while wearing it.
- × No hot, sugary, or acidic drinks while it's in.

Having a Problem?

Feels tight? Wear it full-time for a few days.

Cracked or warped? Don't try to fix it yourself. Call us right away to replace it.

Stains or odors? Give it a deep clean, or replace it.

Questions or a problem?
Call or text 509.886.2500