



## **REMOVABLE RETAINER INSTRUCTIONS**

### **Wearing instructions**

After your braces are removed, your upper retainer should be worn 14-16 hours a day (or as instructed) for the first 4 months. Your lower retainer should be worn 20 hours a day for the first 4 months. You may remove the retainers to eat, drink anything other than water, and when brushing teeth.

### **Getting used to your retainers**

At first your retainers will feel bulky, speaking may be a problem. In a few days, your speech will be back to normal. The retainers may cause excess saliva, this will also be back to normal in a couple of days.

### **Cleaning your retainers**

Your retainers should be cleaned every morning and night, as well as after eating if possible. Retainers can be cleaned with your regular toothbrush and toothpaste. Do not use hot water, it will distort your retainer. Never soak your retainers in denture cleaner, alcohol, or peroxide. You may soak your retainers in mouthwash for 10-15 minutes to disinfect them. You can also soak them in white vinegar and brush with a toothbrush to remove tartar build up.

### **How long should I wear my retainer?**

Recent studies show that teeth tend to relapse if retainers are not worn for many years after the braces are removed. When everything is stable, we will reduce the time period you wear your retainers. Remember, you will wear your retainers as long as you want to keep your teeth straight. Please bring retainers to every appointment.

Dr Yoshikane and Team  
www.dryoshikane.com  
(760) 942-1132