

Retainer Instructions

1. Wear them **Full Time** except when eating & brushing
2. Brush them with your toothbrush and water, liquid soap or mouthwash, but **not toothpaste**
3. If you want to soak them, don't use anything but [Retainer Brite](#) (sample enclosed in your deband kit)
4. Put them in your **Case** whenever you take them out
5. Don't lose them, they cost **\$95 Each** to replace
6. Don't **Chew** on them and don't let your **Dog** chew on them
7. Return **within two days** if you can't wear them for any reason
8. Bring them with you to **All** office visits

Also Note:

Over the next 6-12 months, we will help you slowly taper the amount of time you wear your retainers. After that, you'll need to continue wearing the retainers at night to prevent "aging" of the teeth and maintain your new smile forever.