



CHAWLA
ORTHODONTICS

Retainer Instructions



- Wear your retainers night time only. It gives you less chances of losing or breaking them.
- Clean the retainer thoroughly once a day. We recommend using a sonic cleaner with tablets. You may also use a toothbrush and cold water. You should avoid using toothpaste to clean the retainer or any abrasive cleanser that may damage the surface. Cleaning the retainers removes the plaque, and eliminates odors.
- When your retainer is not in your mouth, it should ALWAYS be in its case. Pets love to chew on them.
- Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to the retainer faster.
- Retainers are breakable, so treat yours with care. If your retainer gets lost or broken, call us immediately.
- If you have any questions or concerns about your retainer, or you believe it needs adjusting, call us! Do not try and adjust the retainer yourself.
- **ALWAYS BRING YOUR RETAINERS TO YOUR APPOINTMENTS!!!**
- Retainer replacements are expensive, but with proper care they will last for years!
- Keep retainer away from hot water, hot car dashboards, pockets, the washing machine and napkins.



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