

Clear Retainer Instructions



What a Clear Retainers does:

1. Maintain the alignment of the teeth and bite and prevent shifting from occurring
2. Prevents premature tooth wear from grinding or clenching teeth while sleeping

Important Considerations:

1. Wear clear retainers as prescribed by the doctor
2. Keep retainers in the case provided when not in your mouth
3. Let us know immediately if retainers are lost, broken or do not fit properly. We want to ensure you have a well fitting retainer to prevent shifting of your teeth
4. Remove retainers while eating, drinking and playing sports
5. Use a toothbrush and water and dish soap to clean retainers, avoid using toothpaste as it can make retainers less clear.
6. Use denture cleaning tablets to disinfect retainers as needed (typically every 2 weeks)
7. Keep retainers away from extreme temperatures
8. Keep retainers away from pets (dogs love to chew retainers)
9. Initial retainers are included with your treatment, but there is a fee to replace lost or broken retainers

Advantages Clear Retainers:

1. They are nearly invisible and do an excellent job in keeping your teeth straight
2. If you follow our instructions for lifetime wear, you will have straight teeth for life!

We are here to help you! Call us at 610-615-3166 with any questions - we would love to assist you!