

Care and Use of Your iSmile Retainers

CONGRATULATIONS! The day you have long awaited is here - your braces have been removed! The months of effort by Dr. Dugas and the iSmile team, and most of all by you, have produced a terrific new smile! We all celebrate this accomplishment with you!

- **Your removable retainers will now “retain” or “hold” the result that you have achieved.** Until today your teeth have been moving as the braces repositioned them. Now that the braces have been removed, your teeth are very mobile. Your removable retainers will stabilize your teeth so that new bone can form around the roots of the teeth, holding them in their new/correct position.
- **Your retainers must be worn to bed every night (at least 8 hours per day).**
- **When not worn, your retainers should be kept in the case provided.** The retainers are delicate and must be handled with care when out of your mouth - this will prevent them from breaking! Also, if you have a dog, be sure to keep your retainers and case out of their reach!
- **The retainers should be cleaned daily.** Hold the retainer(s) in the palm of your hand over the sink and gently scrub the retainer(s) with toothpaste and cool water. Thoroughly rinse your retainers to remove all toothpaste. Alternatively, you may purchase retainer cleansing tablets (ex. Polident Retainer Cleansing Tablets) to soak your retainers while not being worn.
- **Never place your retainers in hot water** - this will warp, melt, and ruin your retainers. Also, avoid leaving them anywhere they may encounter extreme temperatures (hot or cold).
- **Always bring your retainers to your appointments** and have them in your mouth so that their “fit” may be checked by the iSmile team.
- **Never stop wearing your retainers** because they are loose, broken or make your mouth sore. Instead, call us to schedule an appointment so that we may repair or adjust them as required. Also, if you do not wear your retainers and tooth movement occurs, re-treatment may be necessary at an additional expense.
- **If your fixed wire retainers (glued behind your upper and lower front teeth) ever feel sharp or come loose, please contact our office immediately to schedule an appointment.**

Thank you for your cooperation and again, **CONGRATULATIONS!**

Dr. Greg Dugas and the iSmile Team

Show the world your smile.

