

550 N. Abbe Road  
Elyria, Ohio 44035

**McNeeley Dental & Associates, Inc.**  
mcneeleydds@gmail.com

P: 440-365-0230  
F: 440-365-9557

## Retainer Care

Once orthodontic treatment is complete, you will be given a retainer to wear to hold the teeth in their final position.

Wear your retainer at all times (except when eating, brushing and flossing), for the first few weeks post treatment. After that time, you can gradually wear the retainers 1-2 hours less daily until you are wearing them at night only. Remember, retainers are a lifelong commitment and must be worn as long as you want to keep your new smile.

Take your retainer out when eating, and always put it back in its case! Retainers are most often lost in eating places such as school lunch areas and restaurants.

Whenever your retainer is not in your mouth, it should always be put in its case. This will avoid loss or damage...especially because pets love to chew on them!

Keep your retainer clean by brushing it twice a day with a toothbrush, soap, and cold water. Brushing retainers removes the plaque and eliminates odors.

Kleenite or other orthodontic cleaners can be used but do not take the place of brushing.

Keep retainers away from hot water, hot car dashboards, glove compartments, pockets, and the washing machines because the heat will distort the plastic.

Never put your retainer in a napkin because it may end up in the trash inadvertently.

Retainers are breakable, so treat yours with care. If your retainer gets lost or broken, please call us immediately to prevent teeth from shifting. This can happen in a matter of days so a replacement retainer must be made promptly.

If you have any questions or concerns about your retainer, or you believe it needs adjusting, call us. Do not try to adjust it yourself.

Remember, always bring your retainer to your appointments.

Retainer replacements are expensive, but with proper care they will last for years!

