You have finished the active part of your treatment and it's time to make sure that the result we have achieved stays as it is.

- If you are having a permanent retainer fitted wear your plastic retainer full time until the permanent retainer is placed. Once the permanent retainer is fitted wear the plastic retainer at night only.
- If you are not having a permanent retainer fitted then you should wear your retainers every night, without exception. Avoid taking advice from friends, family members, or the internet.
- If you stop wearing your retainers, your teeth will move!

Only Remove Retainers For
- Eating, drinking, or cleaning your teeth
- Swimming or sport where you are wearing a mouth guard.
- When your retainers are out of your mouth they must be kept in a box. Never wrap them in a tissue or leave them lying about. Keep them out of reach of pets.
- The safest place for your retainers is in your mouth!

Cleaning Retainers
- Use a toothbrush and liquid soap. Only use cold water. Do not use toothpaste.
- If you want to disinfect them, use Retainer Brite or Steradent. This can be purchased in any chemist or large store and it is important to follow the instructions carefully.