



Children's Hospital Boston

Department of Dentistry

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**HARVARD SCHOOL
OF DENTAL MEDICINE**

Division of Pediatric Dentistry
Department of Oral and Developmental Biology

Care Instructions for Removable Appliances (Retainers)

Your appliance is a removable retainer-like appliance. It is important to wear it 24 hours a day to ensure efficient tooth movement.

Care Instructions

- Brush retainer in cold water with toothpaste every time you brush your teeth
- Avoid gum and other sticky foods
- When not wearing your appliance, it must be stored in the retainer case.
- Call us if it is excessively loose or if you have problems

Follow-up visits

Periodic Follow-up visits are scheduled for adjustment.

Replacement

When these appliances are worn 24 hours each day or left at home to be worn at night, there is little risk that they will be broken or lost. However, if they are worn intermittently, there is a greater risk for loss. Lunch breaks during school or camp are particularly risky opportunities for loss! Have your child wear their retainers at lunch.

Should it be necessary to replace a lost or repair a broken retainer, there will be an additional charge.

Don't Forget	When Playing Sports
<ul style="list-style-type: none"> • To schedule your routine six-month checkup appointment • To bring your appliance to these appointments even if you wear the appliance at night 	<ul style="list-style-type: none"> • Take your appliance out • Take your appliance out while swimming • If your appliance is not in your mouth, it MUST be in the retainer case.