



Children's Hospital Boston

Department of Dentistry

Children's Hospital, Boston

300 Longwood Avenue – MailStop: HU – 226

Boston, Massachusetts 02115

phone 617-355-6571 – fax 617-730-0478

www.childrenshospital.org/dentistry



**HARVARD SCHOOL
OF DENTAL MEDICINE**

Division of Pediatric Dentistry

Department of Oral and Developmental Biology

Retainer Instructions

General Instructions

- Wear your retainers full time, until the doctor instructs otherwise.
- Initially, you may find it difficult to speak. Practice speaking reading, or singing out loud to get used to them faster.
- When retainers are not in the mouth they should ALWAYS be in a retainer case. Pets love to chew on them.
- Always bring your retainers to your appointments.
- Retainer replacement is expensive... with proper care they will last for years.
- Keep retainers away from hot water, hot dashboards, pockets, the washing machines, and napkins.

Caring for your Retainer

- If you must take your retainers out when eating, always put retainers in their case! (Most appliances are lost in school lunchrooms or restaurants.)
- Clean retainers thoroughly once a day with a toothbrush and toothpaste. Use warm but not hot water. Brushing your retainers removes the plaque, and eliminates odors. Efferdent® or other orthodontic appliance cleaners can be used-but do not in place of brushing.
- Retainers are breakable, so treat them with care. If retainers are lost or broken, call us immediately.