Retainer care guide

One page to keep on the bathroom mirror or in your retainer case.

Your own orthodontist's instructions come first. A common pattern looks like this.

1 The usual schedule

STAGE	HOW LONG	WHAT TO DO
Full-time	The first several months, commonly four to six	Wear removable retainers almost all day and night. Take them out to eat, to drink anything but water, and to brush.
Nights	Years	Wear the retainer while you sleep and treat it like brushing.
Bonded wire	Always in place	Clean carefully around it. Call us if it feels loose or sharp.

2 Every day

- ☐ Wear it on the schedule you were given.
- ☐ Rinse it after each wear and brush it gently with a soft brush and cool water.
- ☐ Keep it in a hard case whenever it is out of your mouth, never in a napkin.
- ☐ Keep it away from hot water, hot cars, dishwashers and pets.
- ☐ Bring it to your retention check so we can see how it fits.

3 If it feels tight or will not go in

If it seats fully and only feels snug, go back to your schedule. The snugness usually eases within a day or two. If it will not seat, rocks on the teeth or causes sharp pain, do not force it. Call your orthodontic office.

4 If it is lost, cracked or warped

Call the same week. A short gap is easy to fix, and a long one can mean teeth need to be moved again. The Oasis Retainer Program has sets starting at $200 each, two sets a year for five years, with interest-free monthly payments. Details: oasisorthodontics.ca/retainer-program/

Oasis Orthodontics 780-457-5566

My retention schedule: _____