

TAKE CARE OF YOUR RETAINERS
They'll Take Care of Your Teeth

Now that your braces are off, it's **your responsibility** to keep your teeth where you and Dr. Klarsch worked so hard to move them. Wear your retainer as instructed and keep the following suggestions in mind:

General Care

If your retainers are not in your mouth, put them in the case Dr. Klarsch gave you. It's very easy to throw away retainers on a lunch tray or napkin. Be smart and use the case.

Keep your retainers out of the reach of pets. Animals will chew them—and ruin them. They can chew through the case to get to retainers.

Flipping your retainer in and out of your mouth will break it.

Cleaning

Gently brush your appliance when you are brushing your teeth.

Disinfect your retainer after you have been ill or if you had to retrieve it from the garbage, use 9 parts water to one part bleach.

Important

Never expose your retainers to extreme heat—like the dashboard of a car. The appliance will warp, so will no longer fit in your mouth and can't do its job of keeping your teeth in their new positions.

Retainers are just as important to your orthodontic treatment as your braces were. Follow Dr. Klarsch's instructions and the suggestions above for a healthy, beautiful smile that's good for life!

[Home](#) | [About the Doctor](#) | [Mission Statement](#) | [Location](#) | [Financial](#) | [Contact Us](#) | [Events](#) | [First Visit](#) | [Patient Gallery](#) | [FAQs](#) | [Before & After](#) | [Brushing & Flossing](#) | [Common Problems](#) | [Emergencies](#) | [Foods to Avoid](#) | [Early Treatment](#) | [Adult Treatment](#) | [Types of Braces](#) | [Retention](#) | [Orthognathic Surgery](#) | [TMJ Treatment](#) | [Invisalign®](#) | [Feedback](#) |