



How to Care for Retainers

SKIP THE TOOTHPASTE

At least twice a day, and after every meal, gently brush the retainer with a clean toothbrush and water. Toothpaste is too abrasive, and can scratch the clear surface.

COOL WATER ONLY!

Warm or hot water can soften the plastic, warping it from the correct shape - and possibly causing your teeth to shift.

DEEP SOAK

Once a month or so, soak the retainer in a specialized retainer cleaner. Avoid soaking in mouthwash, as it will dry out the plastic and can stain it permanently.

