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USE AND CARE INSTRUCTIONS FOR YOUR CLEAR RETAINERS

Retainer Insertion

When inserting the retainer, gently push the retainer over your front teeth. Then, apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the retainer snaps into place. The retainer should fit comfortably and should not be forced into place. To avoid damage to the retainer, do not bite the retainer into place.

Retainer Removal

Using your fingers, start on one side at the molars (back teeth), and slowly work your way around to the other side. Avoid use of any sharp object to remove your retainer. Immediately rinse the retainer with water, shake off excess water, and store your retainer in the protective case we have provided you with in order to protect it from loss or damage.

Care and Maintenance of Your Clear Retainer

Clean your retainer prior to each insertion with a soft bristle toothbrush using water or a small amount of toothpaste. Rinse thoroughly with water after cleaning. Do not use denture cleaners to clean your retainer or soak it in mouthwash. These products can damage the surface of the retainer, causing it to become dull and more visible.

Keep your retainer away from hot water, any heat source, or harsh chemicals.

Keep your retainer out of reach of young children and pets.

Remove your retainer for eating and drinking, except when drinking water.