

**Congratulations on your new smile!**  
**We hope you enjoy that beautiful smile you deserve.**  
**Here's how Dr. Bomeli recommends keeping your teeth in their proper places:**

## **Retainer Instructions**

### **Removable retainers**

1. Wear your retainers full time, unless Dr. Bomeli instructs otherwise.
2. Take your retainers out when eating and drinking...and always put retainers in their case! (Most retainers are lost in school lunch rooms or restaurants.)
3. Remove retainers when swimming.
4. Keep retainers away from hot water, hot car dashboards, pockets, the washing machine, and napkins. All can damage or ruin your retainers.
5. Clean retainers thoroughly at least once a day with a toothbrush. Try not to use toothpaste because toothpaste tends to scratch the retainers. Use warm but not hot water. Brushing retainers removes the plaque and minimizes odors. Efferdent or other orthodontic appliance cleaners can be used but these do not take the place of brushing.
6. When retainers are not in your mouth they should ALWAYS be in a retainer case. Pets love to chew on them!
7. Initially, you may find it difficult to speak "normally". Practice speaking, reading, or singing aloud to get used to them faster. Most patients speak normally once again after several days.
8. Retainers are breakable, so please treat them with care. If retainers are lost or broken call our office immediately.
9. If you have any questions or concerns about your retainers, or you feel they need to be adjusted, please call our office. Please do not try to adjust them yourself.
10. Always bring your retainers to your appointments.
11. Retainer replacement can be expensive...with proper care they can last for years!

### **Fixed retainers**

1. Floss with care (as instructed in our office) between the teeth to which the fixed retainer is attached.
2. If your retainer feels loose or sharp, please call our office immediately. If possible, Dr. Bomeli will repair the fixed retainer.

Congratulations again!

**Dr. Bomeli and the Solon Orthodontics Team**

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