



Sierra Dental and Orthodontics

Clear Retainer Instructions

Congratulations on your new journey without your braces and your new beautiful smile!

1. Make sure to wear your retainers 24/7 for the first 6 months, only removing the retainers to eat, brush, and floss 3 times/day, and then placing them back in.
2. After 6 months, your retainers or night guard are to be worn nightly for the rest of your life.
3. Make sure to always rinse, floss, and brush your teeth before placing your retainers back in the mouth.
4. In the morning, brush your retainers with your toothbrush and toothpaste always using **cold water**. (The retainers are made out of a plastic material and will melt or distort if they get too hot)
5. Never leave retainers in a car when it is hot outside or in any hot environment over 110 degrees. This will also cause distortion.
6. If you have pets (Cats, dogs, etc.) please keep your retainers where your pets can't get to them, because animals will eat them!
7. The cost of a replacement retainer is \$500 for the clear retainers, \$250 each, and \$450 for a new Hawley retainer, and they are your responsibility. Retainers will wear out over time depending on many factors.
8. If your retainers are ever lost or broken please call us right away so we can make sure to get you new retainers ASAP, so that your teeth do not move.
9. Retention is for life and your responsibility. Dr. Catron suggests that if you are continually losing your retainers to please invest to permanent retainers. The cost of a permanent retainer is \$425.

Patient Signature: _____ Date: _____