

## **Retainer Care Instruction**

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1. Never bite retainers into position. There can be risks of fracture, crack or distortion
2. In the morning, brush with tooth brush, use hand soap or dish soap to clean. Avoid using toothpaste as its abrasive particles can cause micro scratches
3. Soak them in water when they are not in the mouth
4. Use only cold water for cleaning.
5. Avoid harsh chemical, bleach or boiling water
6. Denture cleaning tabs can be used to clean the retainers, although it is not mandatory
7. When you start to use retainers, they may feel foreign to the mouth. It's better to put them in the mouth at night after dinner and brushing teeth. Wear them for an hour or so to desensitize the body so they don't feel so foreign when it's bed time.