

## Invisalign Retainer Instructions

Congratulations! You have a beautiful smile! Please remember that your cooperation with our instructions are of the utmost importance so that we can maintain your beautiful smile.

Here are the instructions that will help you and us to keep you smiling with your retainer (your last aligner):

1. Wear your appliance every night at least for 8 hours, unless otherwise instructed. This is very important to maintain your teeth. Wear the retainers every night. They are like a pair of eyeglasses that are worn daily, but retainers are worn nightly.
2. Before going to sleep, brush and floss your teeth, then wear your retainer to sleep. In the morning, remove the retainer and brush your retainer with toothpaste and water. Place your retainer container next to your toothbrush.
3. How long do I keep wearing retainers? You take them to your grave. Teeth will always shift throughout life because teeth are set in a changing biologic environment of cells (and not in cement). Retainers are like a pair of eyeglasses.
4. They can last for years, but if your appliance is lost or broken, or if you just want a new one, then a replacement will be an additional expense (\$300 each).
5. There is a special package of 4 sets retainers for \$900 if purchased at this time. Let one of us know if you would like to purchase the 4 pairs of retainers.
6. Please do not boil your appliance in hot water. It will distort the acrylic.
7. Please do not leave your appliance where it could be stepped on or chewed on by a dog, cat, or elephant.
8. Please wear your retainer if revisiting our office. Optional retainer checks after the first 6 months from delivery are at a \$40 fee.

### Cleaning Instructions:

Using a toothbrush, brush your appliances with toothpaste on the inside and outside. You may also visit the drugstore for **retainer** cleaning tablets located in the denture cleaning section. If using the "Retainer Brite" brand, then remember to soak no longer than 15 minutes per use.

If your wisdom teeth are impacted, then have them removed by oral surgery. Also, visit your usual dentist at least every 6 months for cleanings and checkups.

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Last but not least - THANKS! Without you, our very important patient (VIP), we wouldn't be here. Please let us know if there is any way we may better serve you or any of your family or friends in the future!

Kindly provide us a REVIEW ONLINE by visiting our website [oaksortho.com](http://oaksortho.com). Click the links to **YELP**, **GOOGLE**, or **YAHOO**. Thank you!