



Instructions for your Retainers For Life[®]

Retainers for Life Instructions – Yearly Replacement:

1. Try in your retainers as soon as they arrive. They may be tight!
2. Call us if you have any questions or concerns.
3. **DO NOT** wear your old retainers. Either keep them as backups, or toss them!
4. **NEVER** put it in a towel or napkin, you will throw it away!
5. **ALWAYS** keep your retainers in their case. If they aren't in the case, they are in your mouth, if they aren't in your mouth, they are in the case.
6. Retainers take on food odors and animals love to chew on them. Keep them way from animals!
7. Keep them clean! Brush them when you brush your teeth. You may soak them with *Efferdent* (denture soak) or *Retainer Brite* for 20 minutes to 2 hours.
8. Call us anytime you need a replacement retainer – otherwise, you'll get your new retainers in a year!

Protect your retainers. They are vital for maintaining the stability of your smile

**We offer Whitening Gel you can use right in your retainers!! If you are interested in making your new smile shine, ask us for details!! If you know anyone who would like to get new retainers every year, refer them!
Everyone can join this great program!**