



## ***RETAINER WEAR AND CARE INSTRUCTIONS***

Congratulations, you have finished your Invisalign orthodontic treatment. We appreciate your cooperation and would like to advise you about how to continue to maintain the optimum position of your teeth.

Continued retainer care of your teeth is recommended because, throughout our lifetime the shape of your face, bone structure, and muscle strength changes. Occasionally, these changes will cause teeth to move undesirably.

Dr. Hagerman would like you to wear your retainer as follows:

1. The first six months after treatment, wear your retainer 24 hours a day, 7 days a week. In other words, all the time!
2. The next six months (7-12 months following completion of treatment), wear your retainer every night.
3. After you have worn your retainer in this way for one year, you may reduce wear to every other night. You will want to continue to do this FOREVER!

**IF AT ANY TIME YOUR TEETH MOVE OR YOUR RETAINERS DON'T FIT AS WELL, BACK UP ONE STEP ON THE SCHEDULE AND STAY THERE FOREVER.**

If you follow this schedule, you will be doing all that is possible to maintain the quality of your orthodontic treatment results. We are fully committed to the excellence of your orthodontic treatment. We wish you the very best and continue to be available at any time you should need us.

Keep your retainers clean. It's very important to remove the plaque and bacteria that causes hardened white calculus to build up over time. Use a soft bristle toothbrush on the tissue side of the retainer to loosen the invisible bacteria and plaque, and rinse thoroughly with cool or warm water. If you use toothpaste, find a non-abrasive product. Occasionally soaking them in denture cleaner is a good idea. Rinse your mouth and retainer with water if you can't brush after meals. Avoid hot water, sunlight, and soaking them in mouth wash as the plastic may break down or warp.

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