

Reston Family Dental Center

Instructions for Retainers

Congratulations on the completion of your orthodontic treatment! You have worked so hard to achieve this beautiful new smile! Now we want to retain the changes that we have made. Teeth have an incredible memory and will slowly return to a state of crowding if a retainer is not worn regularly. Eventually, you will only need to wear your retainers at night while you sleep.

WEAR YOUR
RETAINER(S) FOR

20 hours

PER DAY FOR THE
FIRST SIX MONTHS

WEAR YOUR
RETAINER(S) FOR

8 hours

AT NIGHT, AFTER YOUR
SIX MONTHS

WEAR YOUR
RETAINER(S)

EVERY NIGHT

TO MAINTAIN THE
POSITION OF YOUR TEETH

CARING FOR YOUR RETAINERS

- Clean retainer with cold water and a soft toothbrush.
- It is best not to use toothpaste as the retainers will become scratched.
- If there is a bad odor they can be soaked in “Retainer Brite” cleaner.
- Do not use at-home bleaching agents to clean your retainer.
 - It is important that you bring the retainers you are currently wearing to all of your dental appointments so we are able to check the fit.
- Please keep pets (especially dogs) away from retainers, as they enjoy chewing them!

