



Here are a few **helpful hints** to aid in the longevity of your retainer:

1. Retainers should be utilized for a lifetime. Have your general dentist check your bonded retainer during regularly scheduled cleanings every 6 months.
2. Do not bite into hard things using your front teeth. For example, with apples and carrots, cut them into slices and chew with your back teeth.
3. Do not open sports bottles with your front teeth.
4. If your retainer becomes loose, or comes off completely, please call our office to schedule an appointment. There will be a fee to repair or replace the retainer.
5. Be sure to brush and floss around, and under, the retainer.