






Need to Know

-  Bring your retainer to all appointments.
-  DO NOT wrap your retainer in a napkin. When it is not in your mouth, it should be in the retainer case.
-  Keep your retainer away from pets.
-  Clean your retainer with a toothbrush and water to avoid scratching and plaque build up. Retainer or denture cleaning tablets can also be used.
-  DO NOT pop your retainer in and out with your tongue to avoid loosening it and breaking it.

941.257.2000
www.csorthodontics.com
braces@csorthodontics.com

FAQs

1 What if I lose or break my retainer?

Please contact our office as soon as possible to get a new retainer so your teeth don't shift.

2 What if I do not wear my retainer as instructed?

Your teeth can shift and you may require retreatment.

3 How often will I be seen in the office?

We will see you back for your retainer checks periodically for up to one year. Please be sure to bring your retainer with you to each appointment.

4 How long will I need to wear my retainer?

Forever! It is important to wear your retainer nightly to prevent shifting.

LIFE WITH Retainer



Carroll & Sutton
Orthodontics
941.257.2000

Congratulations!

Now that your braces have been removed, we want to keep that smile perfect!

Retainers are designed to keep your teeth in place after you have had braces/aligners.



If retainers are not worn properly, the teeth can shift. It is up to you to wear your retainer as directed to keep that smile beautiful!



Scan here to check out our Amazon supply list!

Hawley Retainer

Hawley retainers need to be worn as instructed by your orthodontist and be removed only when eating and brushing your teeth.

Remove your retainer by carefully pulling straight down on both "C" shaped clasps at the same time.



To insert your retainer, line it up with your teeth and push straight up onto the roof of your mouth.

It is normal for your retainer to loosen within the first month. It will be adjusted at your retainer check appointment.

Essix Retainer

Essix retainers need to be worn as instructed by your orthodontist.

To Remove:



Remove your retainer by pulling down on the back teeth and working your way forward.

To Place:



To place your retainer, line it up with your teeth and push straight up starting on your front teeth and working your way to the back.