

ACTIVE RETAINERS INSTRUCTIONS

RETAINERS ARE TO BE WORN 24/7 UNLESS YOU ARE EATING OR BRUSHING YOUR TEETH. YOU CAN DRINK WATER WITH THEM IN BUT NOTHING ELSE. REFER TO RETAINER CARE SHEET FOR FURTHER INSTRUCTIONS. THEY ALL APPLY TO THE ACTIVE RETAINERS AS WELL.

EACH RETAINER IS TO BE WORN 3-4 WEEKS EACH BEFORE SWITCHING TO THE NEXT SET OF ACTIVE RETAINERS.

THE LAST SET OF ACTIVE RETAINERS WILL TURN INTO YOUR RETAINER, ONCE YOU HAVE WORN IT FOR THE 3-4 WEEKS. YOU WILL THEN WEAR THIS RETAINER FOR 3 MONTHS FULLTIME, AND THEN SWITCH TO NIGHT TIME ONLY.

EACH RETAINER HAS A NUMBER ON THEM ON THE RIGHT FIRST MOLAR SO YOU CAN KEEP TRACK, WHICH SET YOU ARE WEARING. YOU WILL ALSO FIND THE NUMBER ON THE MODEL AS WELL.

PLEASE KEEP YOUR PREVIOUS RETAINERS AND MODELS JUST IN CASE YOU NEED THEM. PLEASE MAKE SURE YOU KEEP YOUR LAST MODEL THIS WILL BE YOUR RETAINER MODEL AND IF YOU ARE IN NEED OF A NEW RETAINER, WE CAN MAKE THEM OFF IT. THE COST WILL BE HALF PRICE AS LONG AS THERE IS NO MOVEMENT IN YOUR TEETH.

PLEASE REMEMBER RETAINERS ARE A LIFETIME COMMITMENT AS LONG AS YOU WANT YOUR TEETH TO STAY STRAIGHT