

RETAINER CARE

- Retainers should be worn for twelve hours per day. This is best accomplished at night.
- Always keep the case in a safe place. Keep it out of the reach of small children and all pets. Do not take your retainers out of your house, unless you are going on vacation.
- Always rinse and clean your retainers in cold water. Never use warm or hot water because it will warp the retainers. Always rinse them with cold water before putting them in the case that you have been given.
- Brush retainers every morning with a toothbrush and cold water; for additional cleaning, soak them in cold water with a denture tablet.
- Never wrap your retainers in a paper napkin and do not store them in your pocket or purse without their case. If the retainers are not in your mouth, they should be in their case at home.
- Bring your retainers to every visit.
- The charge to replace one retainer is \$200.00. The charge to replace both retainers is \$400.00.
- Please call the office to schedule an appointment if you lose or break your retainers, or if they do not fit properly.



THE BRACE PLACE
ORTHODONTICS

Josh Goldknopf, DDS, PA

Jax Beach • Ponte Vedra

249-0037

www.thebraceplace.net

