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2991 Treat Blvd., Ste. F • Concord, CA 94518 • (925) 689-4790

## RETAINERS

These retainers have been designed especially for you and your needs. They can be damaged if mistreated, so handle them with care. Please wear the retainers full-time (unless instructed otherwise) and do not click them up and down as this tends to weaken or break the retainers and can create grooves in your teeth. Also, please do not bend the wires and avoid chewing gum while wearing the retainers.

We advise removing the retainers while eating (unless instructed otherwise) and placing them in your retainer case. **DO NOT** place the retainers in a napkin, lunch bag, purse or your pocket – they can easily be lost or broken. Remove them prior to any athletic activity or swimming. Keep your retainers away from dogs and avoid placing them in areas of extreme temperatures (e.g., car dashboard, boiling water, or the dryer).

Remove your retainers while brushing your teeth and clean them thoroughly with a toothbrush and toothpaste in cool water. You also may use baking soda or you may soak them in a denture cleanser (e.g., Efferdent) or vinegar.

Please wear your retainers to every appointment so that we may adjust them if necessary. They should not cause discomfort on the gum tissue. If you are unable to wear your retainers for any reason or if they are lost or broken, call our office immediately.

The replacement charge for each retainer is currently **\$280.00**, so **PLEASE** be careful. Please note that Spring-type retainers cost more to replace and fees are subject to change.

**THANK YOU!**