

Retainer and Night Guard Care Instructions



Thank you for trusting us with your smile!

To keep your retainer or night guard in great shape, follow these easy tips:

Cleaning Your Retainer

- Clean your retainer daily using cold or room-temperature water and a soft toothbrush.
- Avoid toothpaste—it's too abrasive and can scratch your retainer.
- For the best clean, use one of the following:
 - Polident Denture Cleaner
 - Antibacterial Soap
 - Dawn Dish Soap

Protecting Your Retainer

- Avoid exposing your retainer to high heat, such as sunlight, hot liquids (coffee, tea, hot soups), or dishwashers. Heat can warp the material.
- You can safely wear your retainer while drinking cold or room-temperature water.
- Keep your retainer away from pets and small children. Pets are often tempted to chew or swallow the retainers.

Storing Your Retainer

- When not in use, always store your retainer in its case to avoid damage or loss.
- Never wrap your retainer in a napkin—it's easy to accidentally throw it away.

What to Avoid

- Do not wear your retainer while drinking beverages with sugar or color, such as coffee, soda, wine, green tea, or milk. These can stain or damage your retainer.
- Avoid soaking your retainer in colored liquids, such as mouthwash (e.g., Listerine).

Bringing Your Retainer to Appointments

- Please bring your retainer to all dental visits, including cleanings, fillings, crowns, or extractions.

Ongoing Use

- Wear your retainer as instructed to maintain your smile. Proper care ensures it lasts as long as needed.

If you have any questions, feel free to call or text us.

We're happy to help!