

## Orthodontic Retainer use

The first 3 months – wear retainers full time, only remove when eating.

The second 3 months – wear retainers from after dinner to the next morning.

After the initial 6 months – retainers should be worn overnight to maintain your teeth in their desired position. To clean retainers you can use a soft toothbrush and antibacterial soap. You can also use denture cleaner, SonicBrite or Retainer Brite. All products can be purchased at any drugstore, grocery store or at [DentaKit.com](http://DentaKit.com)