

CONGRATULATIONS! Thank you for choosing Southside Children's Dental Center for your braces.

-Dr. Miyamoto & the SSCDC Ortho Team

Important information about retainers:

- Your teeth will continue to shift throughout your life, so:

The only way to make sure that your teeth stay straight is to WEAR YOUR RETAINERS!!!

When do I wear them?

- We recommend that you wear your retainers every night.

How to clean your retainers

- Brush the retainers with a toothbrush and water.
- Do not use toothpaste; it will scratch the clear plastic.
 - Do not soak in colored mouthwash or drink colored beverages while wearing them; it will stain your retainers.
 - Use a retainer cleaner, such as Retainer Brite (Amazon.com) or denture cleaner (Polident/Effervent) for extra cleaning.



If they break

- Come in as soon as possible to get the broken retainer replaced.
- It can take as little as one day for your teeth to start to shift.



(210) 922-3483

www.SSCDC.org

125 S.W. Military Dr.
San Antonio, TX 78221

Please call us if you have any questions or if you need replacement retainers