



DR. HELENE GRUBISA  
B S C , D D S , M S C , F R C D ( C )  
O R T H O D O N T I C S

## Removable Retainers

### **Removable:**

Your removable retainer is to hold your teeth where the braces put them!

1. There are only 2 places for a retainer to be: In your mouth OR in the case.
2. Wear the retainer ***as per Dr. Grubisa's instructions*** and remove at meals and when brushing your teeth, or contact sports.
3. Clean retainer by brushing with toothpaste. You may also soak it in retainer cleaner or mouthwash, if you wish. Don't put anything on your retainer that you would not put in your mouth (i.e. do NOT put it in Javex or the dishwasher)
4. ***Always bring your retainer to your appointment.***
5. Avoid flipping the retainer with your tongue. This can cause damage to your teeth, as well as weaken, bend or break your retainer.
6. DO NOT put it in your pocket or in a tissue – you will lose, or break it OR if you have a dog or cat they will find it and eat it.
7. There will be a replacement charge for lost retainers (\$100-175) or if the retainer stops fitting due to inconsistent wear.



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