BERNARDO CALDAS
ORTHODONTICS

Retainer Information

Wear schedule

Wear your retainers exactly as instructed by Dr. Caldas. Retainers are essential for maintaining the position of your teeth after orthodontic treatment. Many patients begin with more frequent wear and later transition to nighttime wear. Consistent long-term wear is important to help prevent the teeth from shifting.

Cleaning and storage

Clean your retainers daily using cool or lukewarm water and a soft toothbrush. Avoid hot water, which can distort the material. When your retainers are not being worn, always keep them in their case and away from pets, heat, and direct sunlight. Avoid wrapping them in a napkin or tissue, where they can easily be thrown away.

Lost or damaged retainers

If your retainer is lost, broken, no longer fits properly, or feels unusually tight, contact our office as soon as possible. Teeth can begin to shift when retainers are not worn consistently, so replacing a lost or damaged retainer promptly is important.

Replacement retainers

Retainers naturally wear over time and may eventually need to be replaced. Replacement fees may apply depending on the type of retainer and the circumstances. Our team can evaluate your retainer and discuss replacement options with you.

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