PHASE I INVISIBLE RETAINER

Special Instructions for an **INVISIBLE RETAINER**:  

1. Your Invisible Retainer should be worn **full time** until your space maintainer is placed. This means every minute of the day (including sleep and at school) except when eating or brushing and during sports activities.  
2. Always use **even pressure with two hands** when inserting or removing your retainer and do **not** bite it into place.  
3. If possible rinse your retainer with water just before inserting it. A wet retainer is more comfortable to insert than a dry one and will look more invisible.  
4. *Keep your Retainer clean!* After meals, clean all parts of the retainer with a **toothbrush and Cool Mint Listerine**. Do **not** use toothpaste. If you can’t clean your retainer after a meal, be sure to at least rinse it and your mouth with water.  
5. Remember, if the appliance is not in your mouth, it should be in your carrying case. Dogs love retainers, and will decide to straighten their teeth if you leave them unprotected.  
6. The best way to describe the first few days with your retainer is **weird**. You may speak funny at first and find that you are salivating more than normal. These are all common experiences and occur to some degree for everybody. If you are sore, treat the condition like a headache and take Tylenol or ibuprofen. You will find that singing and talking out loud will shorten the time it takes to speak clearly.  
7. Please call the office if you have any questions or difficulties.