



## Eastside Dental, LLC

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### **Retainers/Mouth Guard Aftercare**

It is important to take care/keep retainers/mouth guard clean as they are usually worn every night. If the retainer is still being worn throughout the day, it is important to take the retainers off when eating or drinking any liquids besides water. This will help prevent any decay, decalcification (permanent tooth discoloration), and/or gum disease that can be the outcome of any food debris still left in the mouth. Drinking anything colored with clear retainers can discolor them. It is recommended to always put the retainer/mouth guard back in the case upside down to drain any leftover saliva or residue left on it. Keeping the case at all times will prevent losing the appliance.

#### **Retainer/Night Guard Hygiene**

Cleaning your retainer/night guard is very important. They should be cleaned every time they're worn. This can help prevent bad breath, buildup, and discoloration. Brushing them with a soft bristle toothbrush will prevent wear and bacterial growth in the small cracks that a hard toothbrush may cause.

Step 1. Soak the retainer in diluted (50-50 ratio) Hydrogen Peroxide/Antibacterial Alcohol-Free mouthwash, or white vinegar (diluted 1/3 being the vinegar) for 15 minutes.

Step 2. Gently brush the retainer/night guard with a soft bristle toothbrush under lukewarm water and/or with diluted antibacterial dish soap. This will help get any remaining food/plaque off. Do NOT brush the retainer with abrasive toothpaste or other abrasive cleaning materials such as bleach or alcohol.

Before wearing the retainers/night guard again, make sure to rinse it thoroughly under water.

**Warning:** Do NOT leave the retainers anywhere that is hot such as in a car during a hot day and do not use hot water to clean retainers. Heat can alter the shape of the retainers and they will not retain the teeth properly.

Do NOT leave your retainers/night guard anywhere else other than a case. Retainers can be easily misplaced and teeth may shift if they are not worn regularly. When going out, make sure to always bring the case with you to ensure that you do not leave trays wrapped in napkins, on tables, or on lunch trays.

Do NOT keep the retainer/night guard submerged in liquids over a long period of time. This can break down the material over prolonged exposure to moisture.

#### **Retainer breaks or gets lost:**

If your retainer breaks or gets lost, contact the office immediately to have new retainers made. The longer you wait to get retainers, the more likely your teeth will relapse and shift. Don't ruin the smile you took so long to achieve!

If you are having trouble with the fit of your appliance or if you have any questions, please call us at (414)276-4455.

**Take home kit will include:**

Retainer case and a soft bristle toothbrush.