



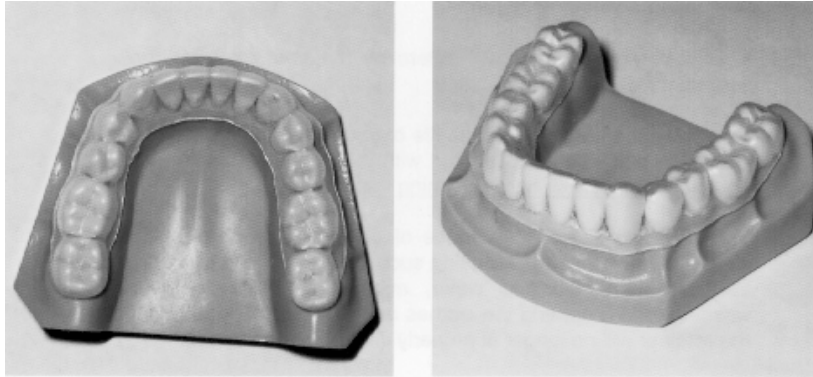
Andrew J. Tringas, DMD, MS Orthodontics Specialist

422 Main Street
Windermere, FL 34786

13250 Narcoossee Rd, Suite 100
Orlando, FL 32832

407-876-2991 Office
www.TringasOrtho.com

CLEAR RETAINERS



Clear retainers are made of clear, durable plastic and snap into place over your teeth. They can be used to retain both the upper and lower teeth. Once placed, your teeth and gums show through the plastic, making the retainers appear nearly “invisible.”

Use, Care, and Maintenance Instructions

1. The clear retainer should be worn as directed. Instructions specific to your needs will be given when you receive the retainer.
2. To ensure the longest life of your clear retainer, please clean it using a stiff brush (a tongue brush is great) with mild soap and water only. Do not use toothpaste or harsh cleaning materials. They tend to dull the plastic and decrease its translucency.
3. If oral hygiene during treatment was not excellent, the gum tissue may have become inflamed and swollen. The fit of the clear retainers, as a consequence, may “loosen” with time and necessitate replacement for better fit and retention of the orthodontic result. A nominal fee will be charged in such instances.
4. The clear retainer is made of plastic. Please keep it away from heat sources such as direct sunlight, microwave ovens, washing machines, clothes dryers, and boiling water. Heat will distort the plastic and prevent the retainer from fitting properly.
5. Because a clear retainer is small and clear, it is easy to lose. Store it in the case provided and place it in a safe location when it is not in use. If you should ever have a problem with a retainer, or if it is lost or distorted, please call us immediately for instructions.
6. Animals love to chew on retainers! Be sure to store your retainers where pets cannot get at them.
7. Only by faithfully following these instructions for your clear retainer will you be able to maximize the final result of your treatment. Please wear it and take care of it.
8. PLEASE BRING YOUR RETAINER(S) TO ALL FUTURE APPOINTMENTS!!