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### VACUUM FORMED RETAINER (S)

Please be absolutely certain that these are worn at all times, including when you are sleeping. They are only to be removed when you eat or when you clean them, but always then to be placed in a case if not in your mouth.

The retainer (s) you will receive is clear, thin plastic, and will cover all of your teeth. This type of retainer is called a "vacuum formed retainer" and it is very easy to slip this retainer over your teeth. If you are receiving upper and lower retainers, there is only one way that they will fit. The top retainer will not fit on the top teeth and vice versa.

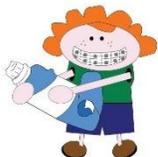
It is very important to carefully clean your teeth with brushing, flossing, and rinsing them well just before the retainers are placed in your mouth. *Never drink carbonated beverages, juice, milk, or anything except water while the retainers are worn or right before.* Failure to follow these instructions could result in decay and discoloration of your teeth. It is also important to keep the retainers themselves clean by brushing them with water and soaking in mouth wash as needed.

The plastic is very heat sensitive. If placed in hot water or exposed to any high temperatures (like a hot car) the plastic will melt and the retainers will be ruined.

When not in your mouth, be certain that your retainer is kept in its protective case. *NEVER wrap retainers in a napkin or paper towel.* They tend to get thrown away or misplaced when this happens. Keep the retainers out of reach of dogs or other animals, because they are very drawn to them and may destroy them.

Always bring your retainers with you when visiting the office.

If you have any further questions, please call the office at 920-739-6808.



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gentle dental care

