



Removable Appliances: Guidelines and Instructions

Wear your retainer as much as possible, each and every day.

The more you wear your retainer, the quicker we will get the anticipated results.

Only remove your retainer to eat, brush and floss, and for contact sports.

Brush your appliance with a toothbrush and toothpaste.

You may also RINSE with mouthwash and then with water.

You may soak your appliance using nothing other than a solution specifically designed for orthodontic appliances.

ALWAYS put your appliance in its case when you remove it.

Never put your appliance in a napkin or tissue.

Never leave your appliance and/or its case within an animal's reach.

Animals are attracted to the scent of human saliva, therefore, could damage orthodontic appliances.

Turn the screws of your appliance as instructed at your last visit.

ALWAYS bring your appliance with you at your appointments.

If you have any other questions, please do not hesitate to contact us by phone at (506) 855-5801, or consult our Website at www.DrHuard.ca.