



Clear Retainers: Guidelines and Instructions

Wear your appliance as instructed at your last visit.

Remove your appliance to eat, brush and floss, and for contact sports.

Clean your appliance with a toothbrush and mouthwash.

Toothpaste is not recommended for this type of appliance since it may scratch the plastic. You may also RINSE the appliance with mouthwash and then with water.

Use nothing other than a solution specifically designed for orthodontic appliances when soaking your retainers.

ALWAYS keep your retainer in its case when not wearing it.

Never put it in a napkin or tissue.

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

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

ALWAYS bring your appliance with you at your appointments.

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