

Date of Debond_____

When do I wear my retainers?

1. Wear evening and nights for 2-3 months
(12– 16hrs a day)



2. Wear night times only for 10-12 months



- 3a. Wear every other night +Sun (M,W,F&S)
for 3-6 mths Then 3b. M,W,F 3-6mths



4. Two nights a week for 6 months



5. One night a week for 6 months


Maintain

Remember

- Always keep your retainers in their case when not worn.
- Don't forget to take them on holiday with you.
- **If they are lost or broken**, call your dentist urgently to organize a replacement.
- If you would like to keep your teeth straight wearing retainers will be a lifelong commitment.