**PHASE I RETAINER**

 A Phase I retainer is designed to hold the teeth in their new positions following removal of the “braces”, or “expander appliance”.” This retainer is removable but it should be worn 24 hours a day or as instructed.

Some DO’S and DON’TS…

**DO:**

1) WEAR THE RETAINER 24 HOURS A DAY (except when brushing

your teeth) or as instructed by Dr. Steinhoff.

2) WEAR YOUR RETAINER WHEN YOU EAT.

3) Brush your teeth (and your retainer) after each meal and before you go

to bed at night. You can use toothpaste and cool water to brush your

retainer, or you can also clean your retainer by occasionally soaking it

in a 50% water / 50% vinegar solution for short periods of time.

4) Keep your retainer in its case when you are participating in active

sports (such as soccer, basketball, football, skiing, wrestling, etc.)

or while swimming. Retainers should be stored clean and dry.

5) Bring your retainer with you to each appointment so that

adjustments can be made.

6) If your retainer breaks or is lost, phone our office immediately

for an appointment. Be sure to bring in any pieces.

**DON’T:**

 1) Don’t leave your retainer in direct sun or in a car on a sunny day

because it can warp and get distorted from extremely hot temperatures.

2) Don’t clean your retainer with hot water because the heat can warp or

destroy your retainer.

3) Don’t put your retainer loose and unprotected in a pocket, purse, or

backpack. Always put your retainer in its case if you take it out of your

mouth for any reason.

4) Don’t wrap your retainer in a napkin or Kleenex because you might

accidentally throw it away.

5) Don’t leave your retainer out where animals (especially dogs) can reach

it because they might destroy the retainer.

 Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents, and the orthodontist is essential to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or call our office.