

Most patients can wear a **Clear Retainer**. Made of a clear material and designed to fit directly over the teeth, they resemble a thin version of the moldable mouth guard and are invisible to all but the patient. You will receive 2 sets of clear retainers, to be worn 24 hours a day for the first 14 days. One set for daytime wear and the other set for nighttime wear. Following the initial periods of fulltime wear, you will be required to wear them every night for approximately 10 to 12 hours until otherwise instructed by our office.

Clear Retainer Top Ten

1. **Wear the retainers** as directed except when eating or brushing your teeth.
2. **Store in a cool place.** Heat can warp your retainer and as a result, not fit you as well.
3. **Store your retainer in its case.** That way you won't throw them away and your pets won't eat them!
4. **Clean them every night.** Use your toothbrush and liquid soap (toothpaste may dull the shine on the retainer). Baking soda and a denture cleaner are successful for treating tough stains.
5. **Bring them with you to every appointment.** This way we can check to see if they are still fitting you properly.
6. **Keep your models in a safe place.** These models are used to make replacement retainers and may eliminate the need to make new impressions.
7. **Do not drink sugary liquids** while wearing clear retainers. The sugar does not wash away causing tooth discoloration and decay!
8. **Call us at 856.582.1400** with any questions you might have about your retainers.
9. **If a sore develops from a rough spot on your retainer,** the rough spot on the retainer can be smoothed with a new nail file.
10. **Tell a friend** about the Kadar Orthodontics Team and enjoy your beautiful new smile!

Congratulations!