Larson Dental

RETAINER CARE INSTRUCTIONS

CLEANING

- Brush daily with a soft toothbrush and cool water.
- You can use a mild detergent like dish or hand soap to help remove plaque and debris. Rinse thoroughly. Avoid using toothpaste as some can be abrasive and lead to micro scratches in appliance that can collect stain over time.
- Soak occasionally with retainer cleaning tablets to help remove stubborn plaque and bacteria.

MISCELLANEOUS

- Don't chew gum, eat or drink (except water) while wearing your retainers.
- Always keep away from pets who may chew on appliances.
- Avoid heat including hot/boiling water, hot car dashboards or other heat sources. Heat can warp or damage appliances.
- If you lose your retainer, break retainer or notice that you are starting to wear through your retainer, contact us to evaluate. A new appliance may be necessary.

If you have any questions please contact our office at 612-789-2853.