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MIXED DENTITION RETAINER (MDR) INSTRUCTIONS

Congratulations and thanks for being a wonderful patient!

- Ⓢ The retainer must be worn every night. If you wear a headgear, make sure you wear your retainer with your headgear.
- Ⓢ It is natural to experience fullness in your mouth with a new retainer. The feeling will go away after 1 to 2 days as you wear your retainer.
- Ⓢ Expect to have an excessive flow of saliva at first.
- Ⓢ The plastic taste is a bummer, but will disappear in a few days. You may soak the retainer in mouthwash to help.
- Ⓢ You should brush the retainer inside and out with a toothbrush and toothpaste.
- Ⓢ To prevent loss or breakage, the retainer should be kept in the retainer case provided for you whenever it is out of your mouth. Keep your retainer and its case away from dogs, cats and little brothers or sisters. They can be destroyed in a hurry.
- Ⓢ By far, the number one reason for losing retainers is by wrapping them in napkins or Kleenex and accidentally throwing them in the trash. Many hours have been spent looking through trashcans for retainers. Please don't let this happen to you.
- Ⓢ Do not put your retainer in boiling water or leave in sunshine, as these will cause it to warp.
- Ⓢ There is a *minimum* charge of \$170.00-\$300.00 to replace a lost or broken retainer (depending of the type of retainer and how many need to be replaced, fees may be higher)
- Ⓢ Therefore, BE CAREFUL!! NO crunchy, chewy, sticky foods.
- Ⓢ Soreness and sensitivity of teeth are quite common the first few days. Irritation of gums, cheeks or lips should disappear within 3 to 4 days. If they persist, call the office for an appointment.
- Ⓢ If any wire should be accidentally bent or broken, call the office for an appointment as soon as possible.
- Ⓢ REMEMBER – “IN YOUR HAND, IN YOUR MOUTH OR IN YOUR RETAINER CASE”