

THE ONE-PAGE CHEAT SHEET TO CARING FOR



RETAINERS

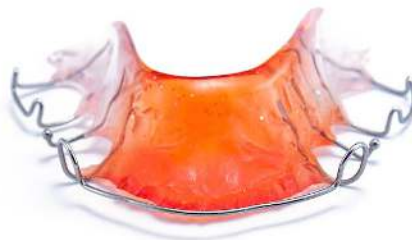
By Dr. Mark Burhenne

- 1** Brush your retainers with an all-natural toothpaste free of SLS and glycerin.
- 2** Rinse retainers with water and pop them in your mouth to wear at night.
- 3** In the morning, add castile soap or baking soda to a bowl of distilled water and let them soak during the day while they're not in your mouth.

Common Mistakes



Never leave your retainer where pets can get them. Pets can't resist chewing a slimy retainer that smells like you



Never let your retainers dry out. They should either be in a cup of distilled water or your mouth.



Never use mouthwash, Retainer Brite or denture cleaners like Polident and Efferdent, which are full of chemicals