

Dr. Katherine Kelly Orthodontics

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Tips for an Excellent Carriere Experience

Directions:

- To place retainer on teeth, start by pressing in the **FRONT** with your fingers then work your way backwards.
- Place **NEW** rubber bands as instructed.
- Pain medication (tylenol/acetaminophen) may be needed the first couple of days and nights.
- To remove retainers, place your fingers equally on the **BACK** edges of the retainer and lift up/down.

PLEASE DO

WEAR YOUR ELASTICS AND RETAINER FULL TIME (24/7) except when eating, brushing and drinking anything other than water. After eating/drinking or brushing, replace the retainer and fresh rubber bands

Carry new rubber bands with you. Change them after every meal. Wear “old” rubber bands if needed until you can change into fresh ones.

Thoroughly **BRUSH** your teeth and the retainer as instructed only using a toothbrush and toothpaste.

Place the retainer in a retainer case when it is not in your mouth and place the retainer case **OUT OF REACH** of pets and children, in a drawer or cupboard!

Return for regular check-up appointments and **BRING** your retainer with you.

PLEASE **call us** if the retainer cracks, breaks, or no longer fits.

PLEASE DO NOT

DO NOT wait until your next appointment if you run out or lose your rubber bands, please call our office!

DO NOT eat hard/crunchy, chewy/sticky, foods with seeds and/or sugary drinks with the Carriere appliance.

DO NOT bite down during placement of your retainer or use your tongue to play/remove it. Always use your fingers to remove/replace, or the retainer will crack and break.

DO NOT wrap retainer in a napkin/paper towel or leave on a cafeteria tray. IT WILL GET THROWN AWAY!

DO NOT expose retainers to extreme temperatures. Heat will distort or melt them and cold will make them brittle.

DO NOT wear your retainer for an activity if you would not wear your sunglasses for it.

****THERE IS A REPLACEMENT FEE FOR LOST, BROKEN, or DAMAGED RETAINERS****

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SMILE PROUDLY!

**MERICAN
THODONTICS**

