

Care and use of **Guard / Metal retainer**

When to use:

- Full days
- Only at night
 - It depends on the instructions your Doctor gave you.
 - If you are using a retainer, it must be used 6 months day and night, afterwards using for 6 months only at night.
 - You must attend an assessment every 3 months after, further instructions will be set at said appointment.

Care instructions:

- Wash with cold water a soap using a toothbrush.
- Do not use toothpaste or Clorox.
- Do not eat while wearing your retainer or guard.
- Avoid drinking beverages with too much color: coffee, vinegar, wine & dark juices.
- While not in use it must be stored in it's case.
- Do not wrap in paper towels or napkins(they usually get thrown away).
- Keep out of reach of pets(they love chewing retainers)



IF YOU FEEL ANY PAIN OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT, PLEASE CONTACT US AT:

MX 664.634.6307/US 619.730.3130 Online Appointments | **dentalhctijuana.com**