

Retainer Care Card

Keeping your teeth in their new position after treatment.

Removable retainer

- Wear it as your orthodontist advises; usually longer at first, then mostly at night.
- Drink only plain water while wearing it; take it out to eat.
- Clean it daily with a soft brush and lukewarm or cold water; never use hot water.
- Always put it in its case when out.

Fixed (bonded) retainer

- Clean the wire behind the front teeth daily with an interdental brush or floss threader.
- Avoid biting very hard foods with your front teeth.
- If the wire loosens, breaks or pokes, do not try to fix it yourself; contact the clinic.

Check-ups

- Attend your retention check-ups regularly.
- If the retainer feels tight or does not fit, your teeth may be starting to move; contact the clinic promptly.
- If you lose a retainer, call the clinic for a replacement.

Contact the clinic: If a retainer is lost, broken, does not fit, or a fixed retainer has come loose, call +90 312 911 60 36 or send a photo via WhatsApp.

This document is for general information; always follow your orthodontist's personal instructions. In a medical emergency in Türkiye, call 112.