



## Caring for your Removable Expander

- Please turn (expand) your retainer(s) as instructed by Dr. Lembck. Remember that the key is to be turned in the direction of the arrow which points to the back of the retainer.
- Remember to remove your retainers when you are eating, drinking, brushing your teeth, playing sports or a musical instrument.
- Put your retainer(s) in your retainer case when they are not in your mouth. Never wrap them in a tissue, paper towel, or napkin; they could end up in the trash! Don't put your retainer in your pocket or bag either, that could damage wires or cause it to break.
- Brush your retainer(s) at least once a day with your toothbrush and toothpaste.
- You can soak your retainer(s) in mouthwash and lukewarm water, retainer cleaner or a denture cleaner to rid them of plaque build up. This should be done about 2-3 times a week.
- Please do not place them in anything hot: dishwasher, microwave, or boiling water. Doing so could cause your retainer(s) to change shape and become deformed.
- Take extra care of your retainer(s) around pets or other animals. We have found they are attracted to the scent of your saliva and may chew or try to eat your retainers.
- Always remove your retainer(s) as instructed. Please do not "pop" your retainers with your tongue; this could cause breakage.
- If you are experiencing any problems, please call the office: (610) 630-1560.