



DeQuattro  
Orthodontics



## Retainer Instructions

Retainers must be worn **every night until age 20**. After age 20, retainers must be worn once or twice a week for the rest of your life!

If the retainers ever feel tight when you put them on, that means your teeth are trying to move and the retainers should be worn more often.

Today was the last official appointment needed with us, however, if at any time the retainers do not feel right, you lose them, break them or cannot wear them for any reason, please CALL US IMMEDIATELY!

CONGRATULATIONS AND GOOD LUCK!

😬 **KEEP THOSE TEETH STRAIGHT!!!** 😬