

Lower Schwartz Retainer

The Schwartz retainer is made of acrylic and metal. The acrylic makes up the base of the retainer which fits in the inner side of the teeth. The metal pieces are a wire that comes over the front of the teeth and clasps on the sides that hold the retainer in place. The retainer widens the lower jaw which makes room for crowded teeth. If the retainer is not turned and worn properly then the crowding cannot be fixed.

Read the following instructions carefully:

1. The retainer should be worn full time except when eating or brushing, unless instructed otherwise.
2. The retainer has an expansion screw, please follow the turning schedule precisely. It should be turned **outside** the mouth.
3. Your retainer should be cleaned at least twice daily by brushing it gently with a toothbrush and toothpaste. You can also soak the retainer in denture cleaner for a few minutes each day to keep tartar from accumulating on the retainer. **Never** clean your retainer in hot or boiling water. The acrylic will distort if exposed to excessive heat.
4. Your retainer should be kept in a case when not being worn. Wrapping the retainer in a napkin or holding it in your pocket is never a good idea. This could cause the retainer to be accidentally broken, lost or thrown away. Any broken pieces should be saved in the case so they may be repaired.
5. Do not lose the retainer. There will be a replacement charge per retainer if they are lost or broken.
6. Keep retainers away from pets, especially dogs because they can chew on the retainer and break it.
7. To get used to talking with the retainer in your mouth, read a book out loud for practice.
8. Remember, teeth will shift if the retainers are not worn. There will be charges for additional work required to realign the teeth.

