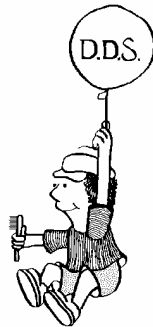


Care of Your Bruxism Retainer

- Your bruxism (grinding) retainer is designed to protect your teeth from damage due to night-time grinding. This grinding of your teeth goes on without your knowing about it, and it's not something that you can control.
- Your retainer will not stop you from grinding. It will, however, keep your teeth from rubbing against each other. This will help prevent your teeth from wearing away too quickly.
- Put your retainer in every night before bed, after brushing and flossing. If you neglect you wear your retainer for awhile, it will not fit properly.
- Your retainer must be kept clean, or it will develop an unpleasant odor. In the morning, rinse your retainer thoroughly in cool water, and brush it lightly with toothpaste. Additionally, it can be soaked in an "Efferdent" solution. This will keep it smelling and tasting fresh.
- Always store your retainer in its case or in the Efferdent solution. Keep it away from pets. Never place it in your pocket. Retainers are very fragile and can be easily damaged or broken. Should damage occur, call us as soon as possible so that it may be repaired or replaced.



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