

TONGUE HOLE RETAINERS



- The upper retainer given to you has a tongue hole in it. It is designed to help “train” your tongue to swallow in the correct position.
- With the upper retainer in your mouth, it is important to close your lips together gently, place tongue in the tongue hole, and swallow. Since this is not “natural” to you, this exercise may seem difficult at first. You can also “play” with the hole with your tongue. This will keep your tongue from resting and /or pushing behind the front top teeth.
- The retainer should be worn every night while sleeping plus 1-2 “awake” hours while you are at home to practice the correct swallowing technique. You can do this in the evenings while watching TV, working on the computer, or reading.
- To clean, remove retainer very carefully and gently brush with a toothbrush and toothpaste, as you do your teeth. You may also use a denture cleaner, like Efferdent, at least twice a week. Make sure **the water is cold**, since any heat at all will distort the plastic.
- When the retainer is not in your mouth, be sure to keep it in your retainer case. Retainers are very expensive to replace. Dogs and younger brothers or sisters love to play with retainers, **so make sure to keep the case in a safe place.**
- **Always** bring your retainers to your retainer check up appointments so we can make sure they are fitting properly.
- **Do not** leave your retainer in a **hot car** or in a pocket while doing laundry, because the heat will distort the plastic.