

**The Active Clear Retainer (ACR)** is a device to move your teeth into a better and more attractive position. To be effective, it must be worn and taken care of as directed by our office. Below is some important information to help you achieve the best results.

### **Kadar Guides for a Great Result!**

- Wear your retainer 24 hours a day until further notice from our office. Remove only to eat and brush.
- Your teeth will feel sore for about 3 days. This is a sign that they are beginning to move. Take Tylenol or Ibuprofen to alleviate any discomfort.
- If a mouth sore develops from a rough spot on your retainer, smooth the rough spot on the retainer with a new nail file.
- Keep your retainer clean by brushing and rinsing it daily. A denture cleaner such as Efferdent can be used once a week.
- Do not drink sugary liquids while wearing clear retainers. The sugar does not wash away, causing tooth discoloration and decay!
- Use the case to store your retainer in a safe place when it's not in your mouth.
- Store your retainer in a cool place. Heat can warp it and result in an improper fit.
- Keep your retainer away from animals (they love to chew on them.)
- Bring your retainer with you to each office visit.
- Do not discard any Active Clear Retainers. Store them as described above.
- Keep your models in a safe place. If you ever need to replace your retainers, these models may eliminate the need to have new impressions or scans made.



If you lose your retainer or if the retainer does not fit properly, please contact us immediately at 856.582.1400.

**Congratulations!**