

INTERIM RETAINERS - TRUTAINS

An impression has been taken to make an appliance for your teeth called an interim retainer or trutain. This appliance is an important part of your orthodontic care and certain instructions need to be followed for its success.

The trutain is a clear, thin plastic retainer and it will cover all your teeth in the arch. It is very easy to slip the retainer over your teeth. If you are receiving an upper and lower trutain, there is only one way they will fit. The top retainer will not fit on the bottom teeth. *The trutain should be worn each and every night, 7 days a week while you are sleeping.* If you go to a friend's house or to your grandparents to spend the night, it is okay to not wear the retainer for 1 night. Skipping 3 nights in a row is a very bad idea!

When not in your mouth, please be sure to keep the trutain in its protective case. Never wrap retainers in a napkin or paper towel because this makes it easier to misplace and throw it away with trash. *It should be cleaned with cool water and a toothbrush.*

Your plastic trutain is very heat sensitive. If it is placed in hot water or exposed to high temperatures (like in a hot car), the plastic will get soft and possibly melt or distort and the trutain will be ruined. This will mean that you can't wear the trutain and your teeth may shift and get crooked. This means added expense and time in braces which will upset everybody.

If you have a dog, keep your trutain away from him/her. Dogs like trutains for some reason and they chew them up. This is not good for the trutains and it isn't good for the way you feel about your dog. I'm sure you like your dog so let's keep it that way – KEEP THE TRUTAIN AWAY FROM THE DOG.

If you come to the office for a visit, please bring your trutain so it can be checked for wear and proper fit. *If you lose it, or if you have problems with it fitting, call our office as soon as possible.* We may need to see you to make a new one or to make an adjustment.

Please have someone pick up the trutain at the office tomorrow. You do not have to come with your parent to pick up this appliance.

If you have any other questions, please call the office at 782-2207.