



Retainer Care Checklist

A practical routine for cleaning, storing, inspecting, and protecting a removable retainer.



QUICK START

Use this guide for general customer education. Always follow the product-specific instructions included with your ISO Metrik Dental Labs appliance or impression kit.

Inside this guide

- 1. Everyday Retainer Routine
- 2. Weekly Retainer Check
- 3. Habits That Protect Your Retainer
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- Printable checklist

1. Everyday Retainer Routine

- Wash your hands before inserting or removing the retainer.
- Rinse a removable retainer in lukewarm water when you remove it.
- Clean it daily using the method recommended for the specific retainer. The American Association of Orthodontists advises a dedicated toothbrush with mild dish soap for many removable retainers and cautions against abrasive toothpaste.
- Brush and clean between your teeth as recommended before reinserting a clean retainer.
- Store the retainer in its case whenever it is not being worn.

NO HOT WATER

Hot water can warp plastic retainers and change their fit. Use lukewarm water unless your product instructions say otherwise.

2. Weekly Retainer Check

- Clean the storage case and allow it to dry.
- Inspect the retainer for cracks, cloudiness, rough edges, warping, or persistent odor.
- Use a retainer-cleaning tablet or solution only as directed by your orthodontist, appliance instructions, or the cleaner label.
- Check that the retainer still seats completely without forcing.

Looks normal	Seats fully, has no obvious cracks or distortion, and can be cleaned without persistent buildup.
Call for help	The retainer is cracked, warped, damaged, no longer fits, or causes persistent irritation or pain.

3. Habits That Protect Your Retainer

- Never wrap the retainer in a napkin or tissue when eating.
- Keep it away from pets, who may be attracted to the scent of saliva.
- Do not leave it in direct sunlight, a hot car, or hot water.
- Do not use bleach, strong household chemicals, or abrasive cleaning products unless specifically approved for the appliance.
- Carry the case when you leave home so the retainer always has a safe storage place.

4. Fit Changes and Replacement

Retainers are intended to help maintain the position of teeth after orthodontic treatment. A change in fit should be evaluated rather than forced.

- If the retainer suddenly feels much tighter, looser, or no longer seats completely, contact your orthodontist or appropriate dental professional.
- If the retainer is cracked or warped, stop using it until you receive appropriate guidance.
- If you lose the retainer, contact the appropriate provider promptly rather than waiting for teeth to shift.

**PROFESSIONAL
REVIEW**

Persistent discomfort, gum irritation, tooth movement, or a changed bite deserves professional evaluation.

Retainer Care Checklist

Print this page or save it as your weekly retainer routine.

- ☐ Rinse the retainer in lukewarm water when removed.
- ☐ Clean it daily using a retainer-safe method.
- ☐ Keep the retainer away from hot water and high heat.
- ☐ Store it in its case when not in use.
- ☐ Clean the case regularly.
- ☐ Inspect for cracks, warping, odor, or changed fit.
- ☐ Keep the retainer away from pets.
- ☐ Contact an orthodontic professional if the retainer no longer fits normally.

Important Notes

PLEASE NOTE

This guide is for general educational purposes and does not replace advice from a dentist, orthodontist, or other licensed healthcare professional. If an appliance causes pain, injury, swelling, bleeding, or a major change in your bite, stop using it and contact an appropriate dental professional.

Need help?

Visit the Help Center at isometrikdental.com/help-center/ or contact ISO Metrik Dental Labs at info@isometrikdental.com or (678) 632-3745.

Educational References

American Association of Orthodontists. "How to Clean Retainers: AAO's Guide to Retainer Care." <https://aaoinfo.org/whats-trending/how-to-clean-your-retainer/>

American Association of Orthodontists. "Orthodontic Retainers: Types, Care, & Life After Braces." <https://aaoinfo.org/treatments/retainers/>