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## **Retainer Maintenance**

Retention is the most important step when your braces are removed. The retainer is designed especially for you. It will hold your teeth to their right position until they are stable already. Wearing your retainers regularly will maintain your healthy and beautiful smile.

It is advisable for you to wear your retainers as often as possible. You can take it out when eating or playing a dangerous sport. Don't worry you'll get used to it. Clean your retainers regularly to remove the plaque and bacteria. Not doing so will cause hard stains to build up and this will be difficult to remove.