

Trutain Information and Instructions

Patient Name: _____

The clear retainer holds the new position of your teeth. It is necessary to use at all times except when brushing teeth, flossing, eating or drinking hot liquids.

Instructions vary for all patients, your instructions are listed below:

Initially, use fulltime / night time (circle one).

Using them for _____ years _____ months.

Then during the night time for _____ years _____ months.

Cleaning instructions- toothbrush with soap and water / baking soda and vinegar to remove tartar.



I have read and understand the above information and instructions.

Patient Signature

Date