

WEAR AND CARE INSTRUCTIONS FOR YOUR REMOVABLE RETAINER

The purpose of a retainer is to keep (retain) your teeth's alignment as they settle into place following the orthodontic treatment.

Wear your retainer all the time (including sleeping) with the following exception: Always remove your retainers before eating, before brushing teeth, before playing sports and whenever you have mouth sores (call us if you ever have mouth sores).

Brush your retainers with your toothbrush and toothpaste every day. **Do not use harsh cleaners or hot water.**

Whenever your retainers are out of your mouth they should be placed in your plastic appliance box. It should have your name and phone number, or if you prefer, our phone number on it.

Bring your retainer to all your appointments.

If at any time your retainer becomes lost, broken or does not fit properly, please contact the office immediately.

PLEASE BE CAREFUL NOT TO LOSE OR BREAK YOUR RETAINER. IT COSTS **\$170** TO REPLACE THE RETAINER. IF THE LOWER RETAINER NEEDS TO BE RECEMENTED IT WILL BE \$70. REPLACING IT WILL BE \$170.

Lower Fixed Retainer: Usually the lower retainer is permanent. It is glued to two or more teeth. Be mindful of biting into hard foods and use a floss threader as instructed to floss between the teeth. If the fixed retainer feels loose call the office immediately to avoid any movement of teeth. The lower retainer should stay in as long as it lasts. If years down the road the retainer becomes loose please contact the office for an appointment so we can make you a removable lower retainer, as lower teeth always shift if retainer is not worn.

Relapse (When the teeth return to the original position) is always a possibility. Furthermore as we grow and age there are changes in our teeth and bones. Most noticeable is that the lower front teeth tend to crowd. Good retainer cooperation will help to prevent this process. In order to insure good alignment of your teeth, the retainers must be worn on a regular basis throughout your life, or as instructed by your orthodontist.

For the first 10 weeks your retainer is to be worn 24 hours a day, with the exception of: when brushing teeth, eating, playing sports. After the first ten weeks for the next 6 months to 2 years you will wear the retainer at night (bedtime). After the 2 year mark you can decrease the retainer wear to a few nights a week for the rest of your life.