

CONGRATULATIONS ON YOUR NEW SMILE!!!



Why should I use retainers? When the braces are removed, the bone around the teeth is a soft, immature bone that is not strong enough to hold the teeth in their new position. Retainers hold the teeth in their new position and minimize future tooth movement.

When can I stop using my retainers? The following should occur before active retention is completed: 1.) The bone around the teeth matures and hardens. 2.) Wisdom teeth erupt properly and/or are removed. 3) Bone growth has been completed. **We strongly recommend that you wear your retainers at night for the rest of your life and that if you have a permanent lower retainer, that it remains in place for the rest of your life.**

When should I use my retainers? It is essential that the retainers are placed immediately after the braces are removed and used continuously to prevent the teeth from moving. During the first **eight (8)** weeks, retainers must be worn 24 hours a day. The retainers should be removed when eating or brushing. After the first eight weeks, retainers should be worn at night only.

What does my retention fee pay for and will there be additional charges? The retention fee you have paid includes a upper and lower retainer and one year of "retainer check" appointments. After this first year of retention, you may schedule a retention check appointment every 6 months and there will be a charge for each appointment. If necessary, there will also be a charge for additional diagnostic records. If you **lose or break** your retainer, you **will be charged** a replacement retainer. We **do not** keep any retainer impressions, unless you have been scanned with the 3D iTero. A new impression must be taken each time a replacement retainer is made (unless you have been scanned.)

How do I clean my retainers? The retainers should be cleaned daily. The best way to clean removable retainers of all kinds is with antibacterial hand soap so as to avoid micro-abrasions and / or rinsing daily. If you have a lower bonded retainer, it should be brushed when brushing your teeth. Use the floss threaders and floss to clean the space between the lower retainer wire and the lower anterior teeth. Ask us about **Steraligner** retainer cleaner!

How should I take care of my retainers? The retainers must be treated with care. Your retainers should be put in their case when not in use. Careless treatment can result in a cracked or broken retainer. Animals love retainers! To an animal, they smell like food. **DO NOT LEAVE THE RETAINER WHERE A PET CAN GET IT.**

What should I do if my retainer is damaged or lost? If your retainer is cracked, it must be adjusted, repaired, or replaced by the orthodontist to prevent undesirable tooth movement . If your retainer(s) is damaged or lost so that can not be worn, it should be replaced within 3 days. **A replacement fee is charged when the retainer is made.**

What happens if I do not use my retainer or I don't get my damaged retainers repaired and my teeth move? If tooth movement occurs after active treatment because the retainers are **not worn** or because your retainer is not adjusted, and the braces must be replaced to gain proper tooth position, **an additional fee** will be charged.

Patient Name: _____ Patient Signature: _____

Legal Guardian Signature: _____

Date: _____