

Retainer Guidelines

Congratulations on completing your orthodontic journey! Maintaining your beautiful new smile is an ongoing commitment. To ensure that your smile will last a lifetime we are providing you with retainer(s). Cooperation is the key to your success. The following are some simple guidelines to make certain your smile stays as beautiful as it is today:

Wear:

- Your retainer(s) should be worn at least 12 hours every night. Anything less could result in movement possible requiring braces for correction.
- Take your retainers out when eating and brushing. Also remove when swimming or playing contact sports.
- Initially, you may find it difficult to speak. Practice speaking, reading or singing aloud to get used to them faster.
- Bring your retainer(s) to every appointment.

Care:

- Always store your retainers in the case provided to prevent loss or breakage. Pets love to chew on them.
- Your retainers should be brushed with toothpaste every morning to clean them.

Long-Term Instructions:

- Continue to wear your retainer(s) at least 12 hours every night for 2 years. After your wisdom teeth have erupted or have been extracted, you can reduce this to every other night. Eventually, you will be able to reduce that to one night a week.
- If you still have your wisdom teeth at the time your braces are removed, your dentist should monitor/evaluate the need for your wisdom teeth to be extracted. Erupting wisdom teeth can cause crowding and tooth movement.
- If tooth movement occurs, resume wearing your retainer(s) every night. If your retainer is not fitting properly contact us as soon as possible to schedule an appointment.
- It is important to continue to see your dentist for routine cleanings and checkups.

Enjoy your new smile and call us with any questions. We look forward to seeing you at your retainer appointments.

(Follow-up appointments to have your retainer(s) checked are available free of charge for two years beyond the removal of your braces. After two years, office visit charges will apply.

Charges will also apply to lost or broken retainers.)