

Your New Retainer

Congratulations!

You have now completed the ACTIVE phase of your orthodontic treatment. The braces are off and things feel great.

However, this doesn't mean that you're all done. You are now in the important STABILIZATION phase during which we will work on maintaining the result we've worked hard to achieve.

Plastic retainers are used to hold your teeth in place while the bone surrounding them matures. They can do some minor tooth movement but are primarily designed to protect the teeth from any influences that may cause them to go out of alignment.

Retainer Wear

Starting today, you need to wear your retainer _____ hours per day.

As time progresses, we will reduce the amount of wear required.

You may remove your retainer for eating, brushing your teeth and for organized sporting activities. Insert it by carefully pushing on the back metal clips and plastic body; don't bite it into place as this will ruin its fit. Remove it by pulling on the metal clips on the back molars (upper retainer) or the plastic body near the back.

DON'T LOSE IT! A retainer is very expensive to replace.

DON'T WRAP IT in a napkin or tissue! It WILL get thrown out.

DON'T LEAVE IT where children or pets may get it.

DON'T PLAY WITH IT by flicking it out with your tongue; this will distort it.

DON'T PUT IT in your pocket or backpack without its case; it will be crushed.

DO keep it in its case in a safe place when not being worn.

DO brush it with your toothbrush and some toothpaste whenever you brush your teeth; this will keep it fresh and clean

Problems? Call our office and we will advise you accordingly. **DO NOT WAIT** until your next scheduled appointment. Don't just stop wearing it! Wearing retainers as instructed is essential to the stability of your orthodontic care.