

## Why Retention?

- This is the final part of your orthodontic treatment. The purpose of cooperative retainer wear or retaining your teeth, is to help maintain *the beautiful smile you have worked so hard to achieve.*
- Teeth have amazing ‘memories’ and would tend to move back toward the original position if we do not stabilize them with a retainer.

## How to get the best results from your retainer...

- **Wear** your retainers at all times, excluding meals, unless instructed otherwise.
- As soon as you have finished eating or drinking anything (except water) thoroughly brush your teeth. Make sure you clean the inside, outside and biting surface of all your teeth.
- Replace as soon as you have cleaned it. ***Always remove and replace your retainers carefully!***
- Before bed, after brushing and flossing clean the retainer in this manner:
  - Hold it in your palm
  - With **cool water only**, carefully brush the inside & outside
  - Brush with **fragrance-free dish soap**, like Seventh Generation, and rinse well. (No toothpaste.)
  - Not doing the above can cause severe decalcification of your tooth enamel.
- Soaking your retainer in Polident or Efferdent (denture cleaner) once or twice a week will help remove stains.
- Retainers may be worn during light sport activities. Football, wrestling & other

contact sports require a ***mouthguard*** instead.

- **Avoid** flipping or playing with the retainer with your tongue. This will result in a distorted or broken retainer.

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## The safest place for your retainer is in your mouth. If you take it out:

- Don't** wear retainers while swimming in a lake or ocean.
- Don't** put your retainer in direct sunlight or heat. If exposed to either, they may become distorted.
- Don't** wrap it in paper napkins as it may be mistakenly thrown away.
- Don't** keep it in your pocket, book bag or purse without the case, it will break!!!!
- Don't** leave it lying on your dresser. (remember little siblings and pets are curious!)
- Don't** chew gum or drink hot liquids
- Do** **call our office immediately** if your retainer becomes lost or broken or if you notice any shifting of your teeth.

**We** understand that sometimes your retainers will get misplaced, cracked or broken. If this should happen, please call our office immediately so we can replace or fix your retainer. (There will be a charge to replace or repair the retainers.)

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**SPEECH:** When your retainers are first inserted, it may be a little uncomfortable and speech may be unnatural for a short time. With time and constant wear, the retainers will soon fit comfortably and normal speech will return.

## TIME:

If at any time your retainers are rubbing or have rough edges, an emery board (fingernail file) may be gently used to smooth any rough edges.

Nature can shift lower front teeth with time. Since we emphasize long-term retention in our practice, the fixed and removable retainers may be worn forever or at least until age thirty. Please monitor these retainers and the 3<sup>rd</sup> molars if they are still present and call us if a problem arises.

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## Well, at this point, you've just about had it!

**We** are happy that it is time for your braces to be removed. We hope you will continue to care for your teeth *by wearing your retainers correctly and by keeping your follow up appointments.* Even though the braces are off we are still concerned about keeping that great smile for many years to come.

*Thank you for your time, your cooperation and the privilege of providing your orthodontic treatment!*

## RETAINER CHECK APPOINTMENTS

There are a total of four appointments to be scheduled in the following intervals:

One-week  
One-month  
Three-month  
Six-month

## *The Wear & Care of Your Retainer*



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