



ORTHODONTIC RETAINERS

Wearing retainers is one of the most important phases of your orthodontic treatment. Together we have worked hard to get your teeth to their best possible position. However, when braces are removed, teeth have a tendency to want to return to their original position. To prevent this from happening and to allow the teeth to adapt to their new positions, retainers must be worn faithfully.

In most cases the retainers will need to be worn only at night. The length of time varies with each patient and depends on the relationships of the teeth. When the retainers are removed in the morning, please brush them carefully with your toothbrush and toothpaste to remove all plaque. During the day please keep the retainer in the case provided. If you have a dog, take every precaution to **KEEP THE RETAINERS AWAY FROM YOUR DOG** (even when they are in the case). Dogs love the smell and will seek them out and chew them to pieces. Please do not put the retainers or retainer case in direct sunlight or in boiling water to clean them. **IF THESE RETAINERS ARE DAMAGED OR LOST, THERE IS AN ADDITIONAL CHARGE TO REPLACE THEM.** If your retainers do not fit correctly or you are unable to wear them, please call the office immediately. Not wearing a retainer even for a short period of time may require a new retainer or possibly braces again at an additional cost.

The short appointment needed to check your retainer and your teeth in the future are important. **PLEASE BRING YOUR RETAINERS TO ALL APPOINTMENTS.** You will receive a prescription for a post treatment x-ray series to evaluate your treatment as well as the status of your wisdom teeth. These x-rays will be sent to your dentist.

The goal of your orthodontic treatment has been to accomplish the greatest possible improvement to your teeth permitted by your heredity and dental environment. There is no such thing as a perfect set of teeth. Minor tooth movement occurs in every mouth throughout life, whether or not there has been prior orthodontic treatment. The most common area for change is in the lower front teeth. These changes are normal and may be greatly minimized or possibly eliminated by continued retainer wear on a long term basis.