

RETENTION

Congratulations on the removal of your braces and your terrific new smile! Retainers have been provided to support the teeth in their corrected position. Teeth tend to shift over time due to chewing, clenching, grinding, and other oral habits. Retainers are an important part of minimizing shifting and preventing relapse. Please remove the retainers to eat.

Wear you retainers as instructed:

- _____ hours for the upper
- _____ hours for the lower

When not in your mouth, place the retainers in a closed hard case.

- Retainers wrapped in a napkin or paper towel are often accidentally thrown away!
- Pets like to chew on retainers and break them.
- Retainers placed in a pocket or backpack (without the case) are easily cracked or broken.
- If you ever need a new case to protect your valuable retainers, please let us know. We will be happy to provide one for you.

To clean your retainers, brush them with a toothbrush, toothpaste and cool water at least twice a day. Brush all surfaces and rinse thoroughly. You may chose to soak you retainers in a cleaning solution. Use a denture tablet solution such as Efferdent, Polident or a similar generic brand. Never soak in Listerine mouthwash, bleach or boiling water.

Broken or lost retainers will be repaired or replaced as needed at laboratory cost. At this time, retainers cost \$_____ EACH but this is subject to change as laboratory fees may increase with time.

If you note that your retainers begin to feel too loose or too tight, or if they are broken or lost, please call our office promptly to schedule an appointment to have them checked, adjusted or replaced as needed. We will be happy to see you.

Please remember that the retention phase of treatment is as important as the active phase was for a successful long-term result. It's up to you to maintain your great new smile.

Good luck!