

## Retainers

The retainers you received are designed to retain (or hold) your teeth in their finished position. They are made of clear, thin plastic and will cover all your teeth. **The plastic is very heat sensitive and should not be placed in hot water or exposed to high temperatures (like a hot car)** When your retainer is not in your mouth, it is strongly advised to put the retainers in the retainer case.

**Wear as Directed:** A retainer is a key part of orthodontic treatment. Please wear your retainer as directed by our office to maintain a healthy smile and prevent your teeth from moving back to their original positions. **Once braces are removed, the retainers need to be worn 24/7 to stabilize the teeth.** This is a step-down process that aids in the stabilization of the teeth. Around 8-12 months out of your braces we will encourage “nighttime for a lifetime” wear with replacement retainers every 1-1.5 years.

**Keep It Clean:** Carefully brush and floss your teeth and retainers before your retainers before your retainers are placed in your mouth. **Retainers should be brushed in your hand (inside and outside of the retainer) with cool to lukewarm water, a toothbrush and antibacterial hand soap or dish soap 2-3 times a day.** You may also brush the retainers with alcohol-free mouth rinse for a deeper cleanness and freshness. You should also soak the retainers in Retainer Bright or denture cleaner (like Efferdent) once a week for extra disinfecting purposes. Please avoid using toothpaste to clean your retainers because it can create micro scratches on the plastic and make your retainers appear cloudy. Retainer Bright and denture tablets can be purchased in stores (Drug Mart) and on Amazon.

**Handle with Care:** **If your retainer is not in your mouth, it should be placed in your retainer case and put in a drawer. This will protect your retainer from getting thrown away, stepped on, or eaten by your dog.**

**When to Call:** If you feel something is not right with one of your retainers or if you lose them, please call the office. Do not wait more than 2-3 days to prevent your teeth from shifting. Occasionally, we will recommend your retainer to be replaced due to wear and tear. Restorative dental work can cause your retainer to not fit correctly and can result in the need for new retainers. Please note that your first set of retainers is part of your original contract. **There will be an additional fee for replacement retainers. \$175 fee.**

**Wisdom Teeth:** The best time to consider having wisdom teeth removed is between 16-18 years of age. We are always happy to refer you to an oral surgeon for extraction s. It is important to know that your teeth can still shift after wisdom teeth extractions, and we do recommend that you continue to wear your retainers.

**\*ALWAYS BRING YOUR RETAINERS WITH YOU WHEN YOU HAVE AN APPOINTMENT\***