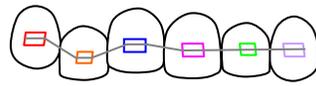


Northport Harbor Orthodontics
239 Main Street
Northport, New York 11768
631.754.1745



Jonathan Panichella DDS, MS
Danielle Panichella DDS

Village of the Branch Orthodontics
314 East Main Street
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BeautifulSmiles.Me

Retainer Instructions and Care

You have successfully completed the active phase of orthodontic treatment (Braces / Invisalign). Please remember that your retainers are as important, if not more important than your braces / aligners. Teeth are not set in concrete; they are set in a soft material called bone. Teeth can move throughout your life. The only way to ensure that you maintain a beautiful smile is to wear your retainers approximately 10-14 hours/day **indefinitely!**

- Retainers are **never worn** while eating - they may break.
- Do not leave your retainers near excessive heat - they may melt (car dashboards/radiators). Never boil them or put them in the microwave or dishwasher.
- Pets (especially dogs) love your retainers – We have known dogs to chew through retainer cases to get at retainers!!!
- Store your retainers in your retainer case when they are not being worn.

HYGIENE is very important. Our office has chosen a retainer design that enables you to maintain optimum oral hygiene. We advocate that you brush your teeth and retainers at least twice a day. In addition to brushing your retainers with your tooth brush and toothpaste, we recommend that you soak your retainers in a denture cleaner a few times a week. This will keep your retainer clean and bacteria free. Please also remember to keep your retainer case clean. As always, biannual visits to your dentist are essential.

Emergencies - In the event of a problem, place the retainer in your case and contact our office to schedule an appointment.

We will continue your orthodontic care for approximately 6 more months. This is to ensure that you are comfortable with how your retainers should feel in your mouth and what your responsibilities are regarding retainer wear. Once this is achieved, you will graduate! At that point, you will still be responsible for wearing your retainers enough to keep your teeth straight. If you feel an adjustment is necessary, please call the office to schedule an appointment. An office visit fee will apply for retention adjustments after graduation.

Finally, we would like to say that it has been a pleasure working with you to achieve your beautiful smile. You have done a wonderful job! The Entire Team at Northport Harbor Orthodontics and Village of the Branch Orthodontics wishes you many future smiles.

Patients Signature: _____
Parents Signature: _____
Witness Signature: _____
Date: _____



Congratulations !!

