



The Retainer Phase of Treatment

Congratulations for the work you have accomplished with your braces. Now, a most important part of your treatment begins, RETENTION.

These retainers are designed precisely for you. The materials are strong and durable when properly cleaned and maintained.

This retention phase is necessary to minimize factors beyond the control of the orthodontist, which cause teeth to move after braces are removed. Some of those factors include:

- Inherited tooth and jaw sizes.
- Muscle forces from swallowing, speech, habits and mouth breathing.
- Early removal of braces.
- Not wearing retainers as instructed.

If your retainer feels tight or doesn't fit, then it has been damaged or has not been worn as directed. Please see us as soon as possible to correct any irregularities.

We will instruct you to decrease your retainer wear over time. You will not outgrow your retainer. We often recommend patients keep their retainers indefinitely to check for shifting of teeth.

Stage I patients have a different retainer schedule because adult teeth grow into the mouth during this period.

Typically we will see you in 3-6 months (virtually or in person) after your braces are removed, and we will follow up for 18 months.

RETAINER WEAR INSTRUCTIONS

TOP REMOVABLE PRESSFORM RETAINER

Wear your top retainer nightly while sleeping.

BOTTOM REMOVABLE PRESSFORM RETAINER

If you have a fixed wire retainer on the inside of your lower front teeth, wear your plastic pressform 1-3 nights/week. If you do not have a wire retainer, or if the wire retainer is loose or broken, wear your lower retainer every night with your upper retainer until we see you to repair or replace your lower retainer. Call to have your lower retainer repaired or replaced for optimal treatment.

Caring For Your Retainer

Brush your retainers with your toothbrush and toothpaste every morning, when you take them out. DO NOT BOIL OR USE HOT WATER! Warm or cool water is fine. You can also soak them in mouthwash or denture cleaner. Keep retainers in their case when they are not in your mouth. Pets love to chew on them!

"IF I DON'T WEAR MY RETAINERS, MY TEETH WILL MOVE"