



Retainers

A retainer is an appliance designed to keep your teeth in their straightened position after orthodontic treatment. Their primary purpose is to minimize the natural tendency of teeth to revert to their original positions over time. By wearing retainers as prescribed, patients can ensure the longevity of their orthodontic results, keeping their smiles straight and beautiful.

The most common retainer schedule is:

- Full time (20-23 hours per day) for 8 weeks. Retainers should be removed while eating, brushing and contact sports
- 12-18 hours per day for the next 6 months
- Every night during sleep until facial growth is complete (age 18) or for another two years
- After this time, many patients only need to wear the retainer 2-4 nights per week while sleeping

It is important to wear your retainer at night indefinitely to keep your smile beautiful. As long as the retainer fits comfortably, your teeth have not changed. If you ever need your retainer checked, call the office!

The following guidelines will help you get the most benefit from your retainers:

- Wear your retainer full time for 8 weeks.
- After 8 weeks, it is to be worn 12-18 hours per day.
- After 6 months, wear your retainer during sleep only.
- You can drink water with your retainers in but remove your retainer to drink any other beverage
- Clean with soap, water and Q-tips. Efferdent and an ultrasonic cleaner can also be used. Do not brush the retainer with toothpaste.
- If an edge of the retainer rubs your gums, trim with scissors or file and smooth with an emery board.
- Store the retainer in the case we supplied when out of the mouth. Pets love to chew them!
- If lost, call us immediately. There will be a replacement charge.
- If you miss a night or two wear the retainer full time and bite down to seat fully. The teeth may be a little sore but should realign. If they don't, call the office immediately.
- If at any time you notice your teeth shifting, call the office so we can check your retainer.
- ALWAYS bring your retainer with you to each appointment.

Congratulations and enjoy your new smile!