



INVISIBLE RETAINERS

Instructions



- 1. THE RETAINER:** You have been fitted with an invisible retainer, which has the best appearance, comfort, and holding power of any retainer available.
- 2. WHEN TO WEAR YOUR RETAINER:** In the beginning, wear your retainer for six weeks *all the time*, except when eating and brushing. After six weeks wear the retainer at night only. Do not skip nights. If you miss a night or two, wear the retainer full time. The teeth may be a little sore, but should realign. If they don't, call us immediately.
- 3. HOW SHOULD YOU INSERT AND REMOVE THE RETAINER?** Your retainer should be gently inserted and seated into place with the fingers. Biting down to seat a retainer may cause breakage. Habitually flipping the retainer with the tongue can loosen or break it.
- 4. TO CLEAN THE RETAINER:** At least once daily, gently scrub your retainer with a toothbrush and toothpaste to prevent accumulation of food, plaque and odor. Brushing the retainer regularly with anti-bacterial soapy water will keep it fresh. Efferdent or similar denture cleaner may help remove hard deposits.
- 5. DISCOMFORT:** If the edge of the retainer rubs your lip, cheek or gum, trim with scissors or an emery board or we can adjust it for you.
- 6. CAUTION- AVOID LOSS OR DAMAGE:** There is a replacement fee for lost or damaged retainers. If your retainer is lost or damaged, please call us at once. The safest place for your retainer is in your mouth or its case. Don't leave it lying around where pets or children can damage it. Retainers wrapped in facial tissue or napkins are often thrown out at school lunch or restaurants. Do not put unprotected retainers in your pockets. When you remove retainers, place them in a retainer box labeled with your name, address, and phone number.
- 7. IS YOUR APPLIANCE LOOSE?** Your retainer will loosen after the initial insertion. This is normal. The retainer is designed to fit passively (loosely) against the teeth.
- 8. IS YOUR APPLIANCE WEARING THIN?** The retainer material is durable and should last for many years. However, if you grind your teeth, you may wear through the plastic. If this occurs, you may need a nightguard.

(Continued on reverse side)

RETAINERS - A PATIENT RESPONSIBILITY

Teeth are not set in concrete! The factors that allow us to align teeth also permit them to move throughout life. This movement allows for adaptation to changes in growth and function. Teeth may have a tendency to shift as a result of third-molar development, facial skeletal growth, gingival fiber memory, tongue thrusting, and other factors.

Patients are fitted with fixed or removable retainers. If you want to maintain the exact positions of your teeth, we recommend indefinite night-wear of your retainer. We normally keep lower fixed retainers in place throughout adolescence until at least age 20.

When a retainer is not worn for a period of time, even very small movements of teeth can make the retainer not fit. In time, the retainer may become difficult or impossible to wear. Consequently, the teeth may shift, and re-treatment with new retainers or even braces is necessary to realign the teeth. This adds additional time and expense.

Faithful wear keeps the retainer fitting properly and maintains your beautiful smile. If the retainer is lost or broken, replace it right away, before teeth shift. ***THIS IS A PATIENT RESPONSIBILITY.***

Retainers are like eyeglasses, contact lenses, or any other personal items that are worn daily - they will eventually wear out. There is a charge to replace worn-out retainers.

We recommend two years of retainer management after braces are removed. A \$25 office visit fee will be charged for retention visits. This fee is not included in your contract fees.

Adolescent patients often have their third molars removed to prevent impaction when insufficient space exists for their eruption. We will be happy to work with your dentist in monitoring wisdom tooth (third molar) development and advise if their removal is necessary.