

Removable Retainers

Date: _____

Patient Name: _____

Retention

The retention phase of treatment comes after your aligners have completed tooth movements. Compliance with our recommended retainer wear schedule is extremely important if you are to protect your hard work and investment made during your active treatment. Here are answers to some common questions about retainers.

1) How long do I have to wear my retainers?

Everyone is different in this regard, depending on the length of your treatment, amount of tooth movement and tendency for relapse. No matter what treatment you've had, retention is a lifetime commitment, similar to brushing your teeth. For most cases patients can follow this protocol:

Wear the retainers nightly for the first 12 months. If you find the retainers are difficult to get in or the teeth seem to be shifting, then wear them more hours per day. After the 12 months you can wear them a few nights a week - forever. If your teeth have a tendency to shift then you will have to wear the retainers more frequently.

2) I know people who had braces years ago and were told that they no longer need their retainers. Why am I different?

You're not. Look carefully at their teeth. Are they perfectly aligned? Probably not. We want you to always look as good as the day your treatment was completed.

3) Do I need to bring my retainers with me to future appointments?

Yes. We need to assess their fit and function at each appointment and make adjustments as necessary. Plus, we will clean them for you.

4) How do I keep my retainers clean?

Brush your retainers each time you brush your teeth. Water alone or mild soap and water are recommended. Toothpaste can dull the finish of your retainer. If calcium is depositing on your retainer, soak the retainer for a few hours using a denture-cleaning tablet or in a solution of white vinegar.

5) How do retainers break?

Retainers do wear out over time and will need to be replaced. We warranty retainers for 1 year. Take the following precautions to increase their longevity:

- a. Do not force them into place. This usually occurs when the retainer has not been worn for a while and the teeth have shifted.
- b. Dogs love to chew retainers. Do not leave them on coffee tables or night stands.
- c. Keep in their case as they are clear they can easily be thrown away or crushed when a heavy object is placed on top of them.
- d. Hot air or hot water will distort a retainer.
- e. Keep out of direct sunlight as this can distort them as well.

I understand that retention of my teeth in their new position is my responsibility and that if I do not wear my retainers as prescribed, my teeth may move. Further, I am aware that any future treatment due to lack of retainer wear will result in additional treatment fees.

Patient Signature