



Retainers

Follow these guidelines, unless instructed otherwise, to ensure optimum retention of your orthodontic treatment.

Immediately following removal of your braces your teeth will begin to shift towards their original position. This can be prevented with full time (22 hours/day) use of your upper retainer for approximately 2 months. This allows the bone surrounding the tooth root to mature and stabilize the teeth in their new position. The lower teeth are usually held with a fixed retainer glued behind the lower front teeth indefinitely. A removable lower retainer may also be given for nightly use.

After 2 months of nearly full time retainer use your teeth will be checked for stability. Please bring your removable retainers to your retainer check appointments. Usually at this point retainer use is dropped to 12 hours per night. If tightness is felt at this level of wear then it is an indication that the teeth are still slightly unstable and more hours per day are required. Typically by the 6 month mark after braces are removed, only nightly use is required.

After 18 months retainer use, you will gradually wean to 3 nights per week. This is done by skipping one night per week for the first month, then 2 nights evenly distributed for the next months and so on. Again, if any extra tightness is felt then your teeth are not ready to wean to this level and more retainer use is required.

After 24-30 months you will be instructed to wear your upper retainer 1-2 times per week indefinitely as long as you would like to ensure that nothing changes. After the first 24 months of retainer supervision you will be instructed to supervise your own retainer use and contact us if you require any attention.

If at any point your fixed retainer comes loose please bring it in to have it rebonded. If you lose or break a removable or fixed retainer, a new impression will be necessary to make your new retainer (at a fee of \$150). In addition, if undesirable tooth movement occurs as a result of poor retainer use, you will be responsible for costs of new retainers or additional treatment.

Please brush your retainer regularly and do not eat or drink anything other than water with it in your mouth. It is heat sensitive so do not boil or wash in dishwasher. It is relatively fragile and should be removed with 2 hands to prevent stress fractures forming near the middle.

Enjoy your new smile.

SUMMARY: 2 Months – Full Time
18 Months – Night Time
18-24 Months – 3x/wk wean
24+ Months – 1-2x/wk