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*Practice Limited to Orthodontics / Dentofacial Orthopedics*

## **Your New Retainers**

### **CONGRATULATIONS**

Today you have been fitted with an “invisible” and/or “Hawley” retainer. The purpose of retainers is to hold your teeth in their newly aligned positions after the braces are removed. It is important to know that your teeth will be under pressure to move back to where they used to be. This occurs due to biting and chewing pressure. Thus, retainers are very important to minimize any movement that could take place. You may find yourself lisping at first; this is temporary until your tongue learns to adapt to them.

### **WHEN AND HOW LONG**

Retainers need to be worn enough to keep them fitting forever. This means full-time wear during the first 6 months (day and night). After this initial period, night-time wear is sufficient for the next 6 months and then on an “as needed” basis. If retainers are not being worn enough, they will start to feel tight when you put them in. This means that the teeth have already started to shift out of place. If this happens, retainers should be worn more often until they start fitting more loosely. The teeth may feel sore, but that is normal since the retainers will be moving the teeth back into alignment.



### **CARE**

Soak your retainers in denture cleaner once a week for 20- 30 minutes. Also, gently brush the retainers with your toothbrush daily at the same time you brush your teeth. An occasional 5 minute soak in your favorite mouthwash will keep them smelling fresh. When cleaning your retainers, use luke warm water. **Hot/boiling water will melt your retainers.** Retainers should be taken out for brushing, active sports, eating, and drinking (water is okay). If a wire gets bent or the plastic becomes cracked or broken, please call for an appointment on the next business day! Teeth can shift rapidly and a significant delay may cause tooth movement that requires retreatment.

### **AVOID**

Do not eat or chew gum while wearing retainers and avoid flipping them around with your tongue. This will weaken the retainers and make them more prone to breakage. Some common ways retainers are lost or broken are: being placed in pockets, eaten by pets, and wrapped in napkins and thrown away. **When your retainers are not in your mouth they should be in their case.** There will be an additional charge for lost/broken retainers. SO, be careful, and use the case provided.

**\*\*\*BRING YOUR RETAINERS TO ALL OF YOUR SCHEDULED APPOINTMENTS\*\*\***

**REPLACEMENT COST: Invisible Retainers = \$100.00 each      Hawley Retainers = \$200.00 each**

**Your contract for orthodontic care includes 12 months of retention monitoring at the end of treatment. *Retainer check appointments occurring more than 1 year after braces removal will have an office visit charge.***