



Congratulations on completing your treatment!

Once the appliances are removed, the retention phase of treatment begins. This is very important and requires full cooperation from you. Fixed and removable retainers need maintenance to keep the final teeth and jaw alignment.

You finally have the smile you deserve - let's make sure you maintain it!

Removable Retainer Instructions

- Clean the retainer daily with soap, water, and a brush to remove bacteria and food particles.
- Wear removable retainers 10-12 hours a day (including sleeping).
- Do not wear removable retainers while eating to prevent damage.
- Keep retainer away from extremely hot water or hot environment. This is important because the heat can warp the appliance and change the fit.
- When not using your retainer, place it in the case provided and place it somewhere safe. This is important because it's easy to lose the retainer, or accidentally throw it away when it's sitting on your lunch tray.
- Wear your retainer consistently to reduce teeth movement. Lack of use may cause your teeth to shift and the retainer to no longer fit properly.

Very Important

- Call the office immediately if your retainer breaks or is not fitting properly to reduce any unwanted movement.
- Maintain your scheduled retention appointments as prescribed by your orthodontist.
- Bring all removable retainers to your retention appointments.

Fixed Retainer Instructions

- Avoid biting hard food that can break the attachment between your fixed retainer and the surface of your teeth.
- Brush the lingual side of your anterior teeth to maintain the area around your fixed retainers clean and free of food debris.
- Carefully inspect your fixed retainer on a regular basis to make sure it remains attached to all your anterior teeth.
- Use a Water-flosser to facilitate cleaning of teeth surfaces under your fixed retainer.

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