

Care For Your New Retainers

Congratulations! You have successfully completed the active part of your orthodontic treatment. It is now time to maintain your smile. During the retention phase of your treatment you will be monitored for up to one year to ensure that your teeth remain stable and that you are wearing your retainers.

Changes in tooth position occur over time due to growth, aging causing changes in pressure from the lips, tongue, habits such as grinding or new dental work. Teeth are not set in concrete, they are set in bone. Because the bone around your teeth is continually changing, your teeth may shift after treatment if retainers aren't worn. Many people wear retainers nightly for the rest of their lives. If you notice unwanted changes in your smile or bite, please contact us as an orthodontic "tune up."

1. Please wear your retainers 24 hours per day for 4 weeks, then 16 hours per day.
2. Do not wear your retainer when eating. You may remove your retainers for any sports activities.
3. It is natural to experience fullness of the mouth with a new retainer. Also expect to have excessive flow of saliva at first.
4. It is natural to experience difficulty in talking. Self-talk and sucking on candies will help improve your speech.
5. The plastic taste is unpleasant, but will disappear in a few days.
6. You should brush the retainer inside and out at least two times a day with a toothbrush and toothpaste. We recommend soaking the retainer in effervescent solution, e.g. Efferdent, once a week.
7. To prevent loss or breakage, the retainer should be kept in the plastic case whenever it is out of the mouth. Keep your retainers away from dogs, cats, and little kids. They destroy them in a hurry.
8. By far the number one reason for losing retainers is by wrapping them in napkins and leaving them at restaurants. Many hours have been spent looking through trash cans for retainers. Don't let this happen to you.
9. THE FEE TO REPLACE EACH CLEAR RETAINER IS \$149 (\$298 for Upper & Lower). THE FEE TO REPLACE EACH HAWLEY RETAINER IS \$249. BE CAREFUL!
10. Soreness and sensitivity of teeth are quite common the first few days. Irritation of gums, cheeks or lips should disappear within 3 to 4 days. If persistent, please phone the office for an emergency appointment.
11. Do not put the retainer in hot water or in the sun.