

Retainer Instructions After Braces

Congratulations on completing your orthodontic treatment! Now is the time to learn how to maintain the smile you worked so hard to achieve. The primary means of protecting all of your hard work is through wearing retainers.

Retainers are worn to prevent your teeth from shifting. Changes in tooth position occur over time due to growth, aging, changes in pressure from the tongue along with habits such as grinding or new dental work. Because the bone around your teeth is continually changing, your teeth may shift. Without retainers, it is likely that some degree of tooth shifting will occur over time.

We recommend wearing your retainers full time for the first 4 weeks, then 12 hours per day (after dinner and over night) for the following 12 weeks, before reducing to 8 hours (over night).

Your retainers are Invisalign® brand Viverra® retainers. They are the longest lasting, most comfortable retainer on the market. As with anything you use every day (like shoes), your retainers may wear out over time depending on use and care. Doctor Baird recommends replacement each year for maximum performance (comfort, freshness and hygiene).

Please clean your retainer morning and night when you brush your teeth. We recommend a soft bristle tooth brush dedicated to your retainer, used under running water. Clean the deepest parts of the retainer where plaque can accumulate.

We recommend using the Invisalign Aligner Cleaning Spray or Foam (peroxide based disinfectant). These are specially formulated to kill 99.9% of bacteria and provide a minty flavor (without damaging the aligners). Alcohol and toothpaste can damage the plastic by roughening the surface. This results in cloudiness and increases plaque accumulation.

You can also soak your retainer once a week in the Invisalign Cleaning Crystals (chlorine based disinfectant). Other products used for soaking need to be thoroughly rinsed off, as some cleaners can upset your stomach.

When the retainers are not being worn, put them in their case. This will protect the retainer from being thrown away, stepped on or eaten by a pet. Contact our office if your retainer is lost, broken or not fitting properly.

Replacement Retainer Options

Pay as you go: replacement retainers are \$200/arch (\$400 per set)

Subscription Plan: 1 set every year (\$199/set), 1 set every 6 months (\$299), 1 set every 4 months (\$399)

Following the first year, regularly scheduled retention checks are no longer necessary. If you wish to return, we will be happy to see you, but there will be a charge for this service.

Sincerely,

Dr. Baird & Team