



You and Your Retainers

Congratulations! It's over! They're off! We know it's been a long time but now that the braces are off—didn't it pass quickly?

However, you are not completely finished. The first phase is over – the moving of the teeth. Now comes the second part – retaining the teeth in their new position. To do this, we use removable retainers.

Since your retainers are removable, it is important to wear them all the time until instructed to do otherwise. Take them off only when brushing and flossing your teeth and participating in sports. Brush your retainers when you brush your teeth.

Don't forget:

Bring your retainers to each dental appointment including your 6-month checkups
Brush in cold water with toothpaste or mouth wash every time you brush your teeth
Avoid chewing gum and sticky foods
Call if your retainer feels excessively loose or if another problem exists

Follow-up visits after placement are:

Two months after placement
Six months after placement
At six-month intervals or at dental cleanings thereafter for a period of two years

The usual schedule for wearing your retainer is:

For the first two to three months (unless directed to wear additional months) – full time
For the next eighteen months – home and at nights (12 hours)
Thereafter – nights during sleep only
Please remember that in order to maintain your new smile, you must continue to
wear your retainers indefinitely – for a lifetime

Replacement!!!! When retainers are worn 24 hours each day or left at home to be worn at night, there is little likelihood that they will be broken or lost. However, if they are worn intermittently, losing them is possible. Take your retainer out while playing organized sports and swimming, but remember whenever your appliance is not in your mouth, it must be in its retainer case. Should it be necessary to replace a broken or lost retainer, there will be an additional charge.

- I acknowledge receiving a copy of this information ____/____/____

Patient Name

Signature - Parent/Guardian/Patient

ChestnutDental.com

PEDIATRIC* ORTHODONTIC * ADULT