

Guide to Retainers

Retention is the final part of your orthodontic treatment. Your retainer holds the teeth in their final positions. It is up to you to maintain your beautiful smile. Once your teeth are in place, your retainer keeps them there. Otherwise, the teeth want to move back toward their original positions. The retention process does take time, so be patient!

1. At first, wear your retainer all day and all night. We will tell you when you can reduce wearing time, but in the meantime it is important to wear your retainer exactly as we instruct.
2. Bring it to each appointment!
3. Keep your retainer clean.
When wearing during the day, you need to brush your retainer whenever you brush your teeth: in the morning, after meals and before bed. Always brush your retainer in cool water, never hot.

4. No chewing gum please – it sticks to the plastic.
5. When your retainer is not in your mouth, always put it in its case. Don't leave it lying around; they can easily be misplaced, stepped on, thrown away or picked up by pets who often mistake it as a chew toy.
6. Keep the model we used to make your retainer. Store it in a safe, dry place at home to keep it in good condition. If you lose or break your retainer, you can bring us your model and we may be able to use it to make a new retainer.



Once we instruct you to wear your retainer just at night, please brush it every morning! If you don't brush your retainer right after taking it out of your mouth, your saliva dries on the retainer and it will harden into tarter (calculus). The bacteria will make your retainer smell bad and look cloudy. Please take care of your retainer as you will have it for a long time!

**We hope you're proud of the way your teeth look.
We are!**
