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Throughout your treatment, we will instruct you on how to wear the specific orthodontic appliance necessary for your treatment. Please feel free to call us if you have any questions or concerns. For your convenience, instructions for wearing your orthodontic appliance are provided below.

RETAINERS

APPLIANCE TIPS

When your braces are removed, the teeth inside the bone are very loose; thus they can easily move. Therefore, it is very important to wear your retainers as directed, otherwise, your teeth will reposition themselves, and we will not be able to move them back in the proper position with retainers.

PLEASE PROTECT THE TIME, EFFORT, AND MONEY YOU HAVE INVESTED DURING YOUR ORTHODONTIC TREATMENT BY COMPLYING WITH THE FOLLOWING INSTRUCTIONS:

- * Wear your retainers for 14 hours a day for the first six months. If you attend school, wear them after school and at bedtime.
 - Adults need to wear the retainers full time for the first year. Except when eating and brushing.
- * Your teeth move throughout your life. Therefore, to maintain the best results you achieved, wear your retainers only at night after the first six months.
 - Adults start wearing their retainer after one year. Cut back on the number of hours slowly.
- * Every morning take the retainers out and brush them in cold water. Never use hot water. Be sure to place the retainers back in their case, and store them in a safe drawer in your bathroom.
- * Children attending school should never take their retainers to school. However, adults can take them to work and wear them at work.
- * Never leave your retainers outside their case. This is a very common way of losing them. Never wrap them in a paper towel.
- * Please call our office as soon as you can if you lose your retainer. Your teeth can move quickly, and if you wait too long the retainers cannot move them back to their original position.
- * If retainers are lost or broken, the fee to replace them is \$200.00 per retainer. This fee includes an appointment to take a new impression, the lab fee to make your retainer, and the appointment to deliver your retainer.