

Associated Orthodontists

Retention of your new smile

Congratulations! Now that your treatment is complete we hope you are enjoying your new smile and look!!!

The one guarantee I can offer is:

****If you do not wear your retainer, Your teeth will move!!!****

Frequently asked questions and helpful answers:

How long do I have to wear my retainer??

*Follow retainer care instructions carefully in order to keep your retainer, and therefore your teeth, in the best shape possible. We strongly urge you to wear it as instructed and **notify us promptly** if it is not fitting right, or your teeth are moving, or if it breaks.*

*** There is an additional charge to repair or replace, everyone is different in this regard, depending on the length of your treatment and the tendency for relapse. Please follow the specific wear instructions given to you. No matter what treatment you had, retention is a LIFETIME COMMITMENT, similar to brushing your teeth.***

I know people who had braces long ago and were told they don't need their retainer anymore, why am I different??

You're not! If you look at their teeth they are probably not perfectly aligned. Your teeth shift all your life. We want your teeth to look as good in the future as they do now, wearing your retainer will keep them that way!

Do I need to bring my retainer to future appointments?

Yes! We need to assess their fit and function at each appointment and make necessary adjustments.

How do I keep my retainer clean?

Brush your retainer every time you brush your teeth. Water, with or without a mild soap, and a soft brush is all you need. Never use abrasives like toothpaste on your retainer. If calcium is depositing on your retainer, soak it in denture cleaner for 15 minutes then brush with water to rinse it clean.

How do retainers break?

Each retainer is custom made to exacting standards. However, a retainer may break if it is forced into place after the teeth have moved as a result of NOT wearing it. Dogs also LOVE retainers. Keep it in your mouth or in its case. It can get crushed very easily if not protected. Keep it away from excessive hot or cold air or water.

Extreme temperature can distort its integrity. Last, the number one way to lose a retainer is to wrap it in a napkin at a restaurant or in the lunchroom. More people throw them away than you'd think!

****There is an additional charge to repair or replace your retainer if lost or broken****