



## It's Time for Retainers!

**Congratulations!** Today your braces are coming off to unveil your beautiful smile! Email us a picture of you and your beautiful smile to be added to our Photo Display in the lobby at [doctor@perezorthodontics.com](mailto:doctor@perezorthodontics.com) or post on Instagram with #PerezOrtho.

You are now entering an important phase of your treatment—the Retention Phase. You will be given two types of retainers: a set of clear, removable retainers that cover all of your teeth and fixed retainers that are bonded or glued to the back of your upper and lower front teeth. Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life. Teeth have a memory and often try to move back to their original positions, so retainers are required to keep your teeth in their new positions.

**Regular retainer wear is necessary for a lifetime!** Following these instructions will keep your teeth as straight as possible.

### Retainer Instructions and Patient Responsibilities

- **Wear your clear removable retainers full time (22 hours a day including sleeping) for the first 3 months followed by “night-time for lifetime” wear.** These clear retainers must be worn to keep your teeth straight, even if you have fixed retainers.
- You can maintain the fixed retainers for lifetime. Practice good hygiene by flossing using a floss threader to get underneath the fixed retainer. **Proper flossing is important to avoid excessive plaque buildup on the fixed retainers.** Your general dentist may recommend removing the fixed retainers if proper care is not followed.
- **If your fixed retainer becomes loose or is removed, wearing the removable retainers will keep the teeth ideally aligned.** This is one of the reasons why we give you both types of retainers.
- Do not wear your removable retainers while eating to prevent damage.
- **Store your removable retainers in the provided case** when not wearing them to prevent loss or damage.
- **Keep removable retainers and case away from pets.** Dogs are known to be attracted to retainers.
- Clean your clear removable retainers with a toothbrush and toothpaste before placing in your mouth. You can soak them in retainer or denture cleaning tablets like Efferent if needed. Do not use hot water when soaking retainers as this will cause distortion.
- Maintain your scheduled retention appointments as prescribed. We will schedule retainer checks for one year after active treatment. **Bring removable retainers to every retention appointment.**
- Have your general dentist evaluate the readiness for wisdom tooth extraction..

### Keeping Your Fixed Retainer in Good Shape

- Do not use a toothpick to clear food caught in the retainer
- Gently floss around the retainer. Floss threaders will be needed to get under the fixed retainer.
- Avoid biting into hard foods like apples, carrots and candy
- Avoid chewing on ice, pens/pencils and fingernails
- Minimize grinding and clenching

**Removable Retainer Policies:** Removable retainers are the **most important**. There is **1** set of clear removable retainers included in your Orthodontic treatment fee. If a clear retainer is lost, damaged or poorly fitting, a replacement fee of \$200 per retainer will be charged. Please call the office to schedule an appointment.

**Fixed Retainer Policies:** After the initial placement of the set of fixed retainers, **1** repair per arch will be included at no charge during the first year of retention. A \$75 fee will be charged after first repair. Any fixed retainer needing to be replaced will be charged a replacement fee of \$200 per arch. If you experience repeated fixed retainer issues, it may be suggested to leave off.