



Congratulations on Finishing Your First Phase of Treatment!

The First Phase Retainer will be worn throughout what is referred to as the “resting phase”. We will see you every 4 to 6 months to monitor you as your remaining baby teeth fall out and the rest of your adult teeth grow in.

- Your Retainer is to be worn nightly to maintain the alignment and expansion that was gained in the first phase of treatment.
- Gently brush your Retainer in the palm of your hand with your toothbrush and toothpaste before you put it in at night and before you put it into its case in the morning.
- Do **NOT** soak your Retainer in mouthwash, boiling water, or any household cleaners. You can give it a good deep cleaning by soaking it in a denture cleaner occasionally.
- **Keep your Retainer away from pets, especially dogs.** Dogs like the smell of the saliva on your Retainer and if you leave it out around the dog, it will be chewed to pieces!
- Be sure not to play with your Retainer. Pulling or flicking your Retainer in and out of your mouth with your tongue will put stress on your Retainer and could cause it to break. Always use your fingers when you are removing your Retainer.
- **Call our office right away if you lose, bend, or break your Retainer. Dr. Perez will determine if it needs to be adjusted, repaired, or replaced.**

Keep Your Fixed Retainer in Good Shape:

- Do not use a toothpick to clear food caught in the retainer.
- Gently floss around the retainer.
- Avoid biting into hard foods like apples, carrots, and candy.
- Do not chew on fingernails or pen tips.
- Avoid chewing on ice.
- Minimize grinding and clenching.

Lost or Broken Retainers:

If you experience breakage of your fixed retainers, one repair per arch will be provided at no charge during the first year of retention. Fees will be charged for subsequent repairs. If a retainer is lost or damaged, call our office immediately so we may determine if an appointment is recommended to repair or replace the retainer(s).

Retainer Fees:

Replacement of Removable Retainer: \$150-\$200 per Retainer.

Replacement of Fixed Retainer: \$300 per Retainer.

Repair of Fixed Retainer: \$150 per Retainer.