

# Retainer Care

*Congratulations!* You've just entered an important part of your orthodontic care – the retention phase. Over the next few months your teeth will go through a settling phase before they become stable.

Teeth move by dissolving bone and making new bone around the tooth roots. The first 6 months of retainer wear is essential to hold your teeth straight while new bone is forming and stabilizing your roots.



Whether your retainer is clear, colorful, or glued to your teeth, it is important to wear your retainer as recommended by your orthodontist.

Indefinite nightly retainer wear is recommended as long as you want your teeth to stay straight.

## RETAINER WEAR:

### UPPER RETAINER:

- Full Time for \_\_\_\_\_ mos
- Night-time only
- Night-time after \_\_\_\_\_ mos.

### LOWER RETAINER:

- Full Time for \_\_\_\_\_ mos
- Night-time only
- Night-time after \_\_\_\_\_ mos



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WEST SEATTLE  
(206) 935-2414

## CLEANING YOUR RETAINER

- Brush your retainer with your toothbrush and toothpaste at least two times a day.
- Only use cold water when cleaning your retainer. Hot water can distort the retainer so it won't fit properly.
- You can use cleansing tablets, like Efferdent, for a deeper clean.
- Never put your retainer in the dishwasher or on any hot surface!

## HANDLING YOUR RETAINER

- Keep your retainer in your mouth or in the case provided at all times. Putting your retainer in your pocket or napkin is how it usually becomes lost or broken.
- DO NOT play with the retainer in your mouth - clicking up and down - this can weaken the plastic and wires and may cause your retainer to break.
- BEWARE OF DOGS - they love to chew on retainers!
- Avoid biting into hard foods, such as carrots, with your front teeth as lower permanent retainers can be broken by this action. Use your side and back teeth to prevent breakage and incurring charges for repair or replacement.

## CHARGES FOR ADDITIONAL/REPLACEMENT RETAINERS

- There will be a charge for replacing or repairing retainers for any reason. Currently removable retainers cost between \$185.00\* and \$500.00\* each to replace. Charges for repairing or replacing lower permanent retainers may vary if the lower wire can be reused.

\*Subject to change.

***Worried about losing or breaking your retainer(s)? Ask about our Sound Smile for Life Program!***