



Guide for Retainer and When Do I Come Back?

So you got your braces off and you want to know what the next steps are!

Return as needed / requested:

- When you first get your retainer Doctor will let you know when we want to see you back for an adjustment.
- You're not sure of the fit of your retainers, or you sense they might be wearing out and need us to take a look.
- Retainers last 1-2 years, then need to be replaced. If you're not sure how old your retainer is contact us to make an appointment! Ask about our **Lifetime Retainer Program** to save money.

Make an appointment with us ASAP if **:

- Your retainers are too tight, or too loose and they won't sit in your mouth correctly
- They are lost or broken
- You get dental work done and they no longer fit
- You see movement of your teeth

*****Please Note:** In the event that you need a replacement retainer there will be costs associated.*

Replacement retainer fees are as follows:

\$130 for one replacement with provided and current model

\$230 for one replacement without provided model

\$455 for upper and lower replacements without provided model

Checklist for Retainer :

- ☐ 24 hour wear, until instructed otherwise
- ☐ Only remove while brushing and eating
- ☐ Clean with a toothbrush and room temperature water
- ☐ Never boil or put retainer in direct heat
- ☐ Never wrap in a napkin or put in a pocket (If it's not in its case it's in your face)
- ☐ Keep away from pets
- ☐ You should still be seeing your dentist for your regular visits
- ☐ Remember to remove retainers from the back (where your molars are)
- ☐ Might effect your speech slightly
- ☐ Excess saliva is normal
- ☐ Some buildup is normal, use Vinegar or Denture tabs
- ☐ Always bring your retainer to your adjustment appointments
- ☐ **DO NOT bite your retainer into place!!**



Your teeth WILL move without your retainers, and it is your responsibility to make sure they fit properly. They will be your forever friends from now on so be nice to them! Thank you again for choosing us to be your orthodontist, we hope you love your smile! Please come back and see us!

- Dr. Nick and Team

Patient: _____

Patient's Parent/Guardian: _____

Assistant: _____