



The Orthodontists

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!

When do I Return?:

- 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 have 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:

- One replacement retainer: \$230.00
(This includes one replacement retainer, upper OR lower)
- Two replacement retainers: \$460.00
(This includes two replacement retainers, upper AND lower or 2 upper or 2 lower)
- Lifetime Retainer Program: \$850.00
(this fee applies if purchased within 2 weeks after removal)

How do I take care of my retainer? :

- 24 hour wear, until instructed otherwise (most often after the first month of wear you graduate to night time only!).
- 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 - for clear/essix retainers (where your molars are)
- Remove HAWLEY retainers from the front using the notches on your canine teeth.
- 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: _____

