

# Congratulations!

**Our patients begin the retention period of their orthodontic care when braces are removed. Up to this point it has been a team effort, but the retention phase is up to YOU.**

- The retainer that has been bonded (lower fixed lingual retainer) will be worn indefinitely as long as there are no problems with oral hygiene. If it should detach, please call the office to schedule an appointment.
- The upper and/or lower removable retainers need to be worn for approximately 18 hours per day. Remove your retainer(s) when eating or brushing.

## **Keep that smile straight!**

- Wear your retainers as prescribed-they work best when in your mouth!
- Do not let retainers get damaged. (Always keep in the case when not in your mouth.)
- Do not leave your retainer within reach of pets.
- Clean retainers thoroughly with a toothbrush. You may use warm, but not hot water. Brushing your retainers removes plaque/bacteria and eliminates odors. Efferdent or other orthodontic appliance cleaners can be used, but do not replace brushing. (NEVER soak in mouthwash containing alcohol)
- Visit your general dentist regularly for check-ups and cleanings.

**Call our office immediately should a retainer become lost or broken. This will require an appointment for an impression and a fee will be applied.**



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