

CONGRATULATIONS YOUR BRACES ARE OFF! What happens now?



It is your job to keep your teeth and retainer spotlessly clean!

REMEMBER:

- ▶ Wear your retainer as directed. Check with your doctor regarding wear during sports participation.
- ▶ Keep your retainer clean. Brush it with soap and warm water (*not hot*) or as advised by your doctor.
- ▶ Handle your retainer with care. Keep it away from pets (they love to chew on retainers) and heat (car dashboards, washing machines, hot water, etc.).
- ▶ If you take it out of your mouth for any reason put it in its plastic case.



If the retainer is lost or broken there will be a replacement or repair charge.



Upper and Lower Clear Retainers

FINALLY, it's the day you have been waiting for! Your braces are being removed and you are entering the retention phase of treatment.

UPPER RETAINER

Your upper retainer is a removable appliance designed to maintain your teeth in their corrected position. Please follow these *Wear and Care* instructions carefully.

WEAR

- ▶ The upper retainer should be worn as directed by your orthodontist. Always remove it when brushing your teeth.
- ▶ The retainer's plastic taste will disappear quickly, and your speech will return to normal after a few days of wearing the retainer.
- ▶ Soreness will leave in a few days, even after an adjustment. If you have a localized sore spot after three or four days, call us for an appointment.
- ▶ Don't flip the retainer with your tongue. This could damage your teeth.

CARE

- ▶ Clean the retainer by brushing it with soap and warm water (*not hot*) or as advised by your doctor.
- ▶ When it's not in your mouth, keep the retainer in a special box given to you (*not wrapped in paper or in your pocket*).
- ▶ Keep the retainer away from pets.
- ▶ Bring the retainer to each appointment.



LOWER RETAINER

Your lower retainer is a fixed or removable appliance designed to maintain your teeth in their corrected position. If your retainer is removable, follow the same instructions as outlined for the upper retainer. If fixed, a wire is attached to the inside of your lower front teeth. It requires special attention.

WEAR

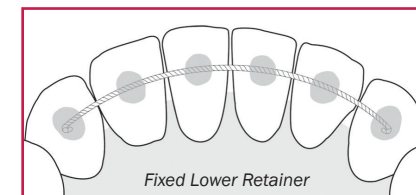
- ▶ A fixed retainer will remain in your mouth permanently or until your doctor approves its removal.

CARE

- ▶ When brushing be extra careful to clean the wire and the inside of your lower teeth. Floss daily and use a floss threader between the retainer wire and the gums.



Removable Lower Retainer



Fixed Lower Retainer



Removable Lower Retainer

Chew lots of sugarless gum for a week after your braces are removed. Close your back teeth, then squeeze tightly. Relax. Repeat this process over and over. It will help your teeth settle and fit together. Proper use of your retainer is essential to establish a stable tooth relationship and keep your smile looking beautiful. The aforementioned *Wear and Care* instructions will help you maintain your new smile.