

## Retainers



Congratulations on completing the active portion of your treatment! Retention is a very important part of orthodontic therapy. Retainers are now used to stabilize the teeth as the mouth, jaw bones, muscles and gums adapt to the new tooth positions.

### Why should I wear my retainers?

When braces are removed, teeth exhibit a tendency to move. These post-treatment changes are best prevented by prompt insertion of retainers. Even with retainer in place, teeth can sometimes move and the mouth can change. Therefore, it is very important to wear retainers as instructed and keep retainer appointments. **Your retainer should be brought to all retention appointments.**

### When should I wear my retainers?

Retainers should be worn **FULL TIME** for the first **3 days** after your braces are removed. Just take them out to eat and brush. Then begin a half on, half off wear schedule (**12 hours out of the 24 hour day**).

- Once Dr. Cooney is done monitoring you (approximately 1 year), we will recommend that you wear your retainers on a consistent nightly basis to maintain your alignment.

**Retainers are recommended to be worn night-time for lifetime (They are pajamas for your teeth! 😊)**

### Care of retainers

**DO NOT BRUSH** your clear retainers. Using a toothbrush/paste on your retainers will create fine micro-scratches and allow bacteria to harbor in them, creating build up on your retainers faster.

- Three easy steps to keep your retainers clean
  - Always rinse your retainers in cool water when you take them out of your mouth before placing them in the retainer case (luke warm/hot water can distort them, causing them to not fit properly).
  - Retainers should be soaked every day with denture cleaning tablets (ex. Efferdent).
  - You can also wash your retainers with liquid dish soap and a Q-tip to get into the grooves of your retainers.
- Make sure to store retainers in your case when they are not in your mouth. Keep your case away from any pets (yours, friends & relatives) as they will chew through the case to get the retainers!

### If any problems occur...

If there are any questions or problems with the retainers, please do not hesitate to call. Retainers that do not fit properly can be potentially harmful to the teeth and mouth. Broken or lost retainers will necessitate an additional charge. A replacement fee is due when the new retainer is placed.

Please call if there are any further questions