

RETENTION PROGRAM INFORMATION

Getting your braces off signals the start of the stabilization period of your orthodontic care. Once the teeth have been moved into the correct position, a period of time is needed to stabilize the teeth as the bone hardens and the ligaments around each tooth tighten up to hold the teeth in the new position. The more severe the original problem, the greater tendency for relapse from not wearing the retainers as required. If you stop wearing your retainers, some degree of relapse will occur.

The position and fit of the teeth generally changes throughout a person's life. Eruption of adult teeth, dental restorations, even the lips and tongue can affect the position of the teeth. As we age, the teeth naturally move due to many of these factors. The retainers worn after braces will help to minimize any of these changes.

Retainers must be worn **FULL TIME** (except for eating and brushing your teeth) during the first 9 months, or as directed by Dr. Pocock, to prevent the teeth from trying to move back to their original position. After the first 9 months, the retainers can be worn just at night when you are sleeping for an additional 9 months. It is appropriate to try on the retainer on an ongoing basis, about once per week, just to make sure the retainer still fits well. If it ever becomes tight, or you have noticed any small movement, just start wearing the retainer every night until it fits properly again. This will stop any micro shifting that may be occurring and the teeth will settle back down. This is the very best way to protect your investment long term. The only way to maintain the corrected tooth alignment perfectly is with permanent retention. This is why you are given a lower bonded lingual retainer with your other retainer. Please have your bonded wire checked at your regular check up and cleaning with your dentist and get it repaired if it becomes loose from any of the teeth.

PLEASE NOTE: You will be responsible for scheduling your retention visits over the next 18 months. We will schedule the first retention visit at your deband appointment for 2 months after your deband. The next retention visit should be 9 months after your deband and the third visit should be 18 months after your deband.

The majority of settling of the teeth happens during the first 12 – 18 months after deband. During this period, we will monitor retention and stability of the finished result. After this period, regular retention checks are no longer necessary. If you wish to return to our office after this period of time for a check up or to replace a damaged or lost retainer, we will be happy to see you, but there will be a charge for this service.

CARE OF RETAINERS:

The retainers are constructed to last for several years if properly handled. Keep your retainer in your mouth or in the case provided to avoid loss or breakage. Brush your retainer when you brush your teeth. You can use a recommended retainer cleaner periodically to remove tartar build up. **NEVER PUT YOUR RETAINER IN THE DISHWASHER OR BOIL IT** as it will become distorted and won't fit. **NEVER PUT THE RETAINER IN YOUR POCKET, WRAP IT IN A KLEENEX OR NAPKIN WHILE EATING OUT OR LEAVE IT WHERE YOUR PET CAN GET AT IT.** These are the most common reasons why people need to replace a lost or broken retainer.

Please phone the office right away to book an appointment to replace or repair your retainer. Although there will be a charge for replacement or repair, it is a relatively inexpensive way to protect the investment you have in your new smile.