

## PHASE 1 RETENTION PROGRAM INFORMATION

Getting your braces off signals the beginning of the stabilization period of THE FIRST PHASE your orthodontic care. Once the jaws have been moved into the correct position, a period of time is needed to stabilize the changes and continue to direct the growth and development. Most of the new growth happens while you are asleep, that's why it is critical to continue wearing the retainers as directed until all the adult teeth have erupted. 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.

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 jaws from trying to move back to their original position. During your Phase 1 retention period you will be scheduled for regular visits. Your first retainer check will be 2 months after deband, and then we will continue to check your growth and development and the fit of your retainers every 6 months.

After 9 months, the retainers should be worn just at night when you are sleeping for several years or until all the adult teeth have erupted. Once all adult teeth have erupted, we will invite you to come in for a second assessment to determine the timing of the final phase of your orthodontic treatment.

### 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.