

CLEAR REMOVABLE RETAINER INSTRUCTIONS

Your removable retainer is an important part of the retention process. This retainer is actually your primary retainer. The bonded retainer wire **DOES NOT** eliminate the need for wearing a night time retainer. The small bonded retainer wire maintains the positions of the upper front teeth but cannot help maintain your occlusion or bite like the removable retainer can. It is very important that the retainer be worn **EVERY NIGHT** except for special occasions or short vacations. If the retainer is not worn consistently, the retainer will eventually not fit your teeth properly. At some time in the future the bonded retainer wire behind the upper front teeth may be discontinued. The removable retainer can be worn indefinitely or forever. Virtually, everyone has slight changes in the positions of their teeth as they age regardless if they have had braces in the past or not.

The retention phase which is included in your treatment will be for approximately **ONE YEAR**.

Basic Instructions:

- To keep your retainer clean brush it with your toothbrush every night, but **BE VERY CAREFUL** to not use too much pressure or you will break it.
- It can be easily broken if it is not kept in its case.
- Please keep your retainer away from temperature extremes.
- Do not eat or drink with this retainer in your mouth.
- Pets **LOVE TO EAT** retainers please keep it in its case and out of the reach of your pet.
- The present charge for replacing your type of retainer is **\$115**.

BRING YOUR RETAINER TO EVERY APPOINTMENT