

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 bonded retainer wire maintains the positions of the upper front teeth but cannot help maintain your occlusion 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 small wire bonded behind the upper front teeth will be discontinued. The removable retainer can be worn indefinitely. 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.

If you are beginning your retention phase (finished braces) this is included in your treatment. This time will last approximately **ONE YEAR**.

Basic Instructions:

- To keep your retainer clean brush it with your toothbrush every night.
- It is 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.
- The present charge for replacing your type of retainer is **\$155**.

BRING YOUR RETAINER TO EVERY APPOINTMENT