



RETENTION

PLEASE BRING RETAINER TO EVERY APPOINTMENT!

Retention refers to the phase of orthodontic treatment, which follows the period in braces, during which major tooth movements were being accomplished. Although the major tooth corrections are completed, **YOUR TREATMENT IS NOT COMPLETE.** Some minor detailed movements may be carried out by use of the retainers. Nature now performs her task of rebuilding bone and readapting the muscles of your cheeks and lips.

The retention period is **JUST AS IMPORTANT** as the tooth moving stage of treatment. Cooperation of the patient in the wearing of the retaining appliances is extremely important to insure the stability of the finished result.

INSTRUCTIONS FOR WEARING YOUR REMOVABLE RETAINER

1. To assist you in becoming accustomed to your retainer as rapidly as possible, we recommend that you read aloud to yourself at home for perhaps an hour to allow your tongue to acclimate to the retainer while speaking.
2. The retainer may be soaked in denture cleaner for an hour to give it a fresh, clean taste. This should be done about once a week. **DO NOT** use mouthwash for this procedure.
3. When brushing your teeth, remove the retainer, hold it in the palm of your hand, and brush lightly with your toothbrush. Be certain also to brush the roof of your mouth lightly with your toothbrush.
4. Initially, your retainer is to be worn all the time you are home except during meals unless specifically directed otherwise by the Doctor.
5. You have a small retainer case in which your retainer must be kept any time it is not in your mouth.
6. Remember, your retainer is an expensive orthodontic appliance. Take good care of it! Keep your appliance away from heat and/or pets which could easily destroy or damage it. If your appliance causes you any problems, is lost or damaged, call the office.

Your tooth relationships and frequently your entire facial appearance will continue to improve for the next eighteen months to two years as nature assists us by adjusting to these corrected tooth positions.

Appointments during retention will be at regular intervals initially and later will be more spaced according to your progress.

THE MOST RECENT RESEARCH SHOWS THAT WE SHOULD PRESENT "RETENTION" AS A LIFETIME CONCEPT TO OUR PATIENTS. This research has shown that continued retention is the best way to protect your orthodontic outcome from normal aging changes.