



McNamara Orthodontics

Specialists in Orthodontics and Dentofacial Orthopedics

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BRACE REMOVAL

Congratulations, you have made it! Your active phase of treatment is complete, and now it is time to begin the retention phase of your orthodontic program. The following are your instructions concerning retainer wear and the care of your appliances. The wearing of retainers begins either at the time of appliance removal or following the wear of a "positioner."

Retainer Care Directions

- Wear the retainers 24 hrs. per day except during meals or when brushing your teeth or cleaning the retainers
- Clean the retainers with a liquid soap or toothpaste, cool water and a toothbrush
- Retainers will distort in extreme heat; don't put in hot water or near a heated surface
- Individual tooth movements may have been made and therefore the retainer initially will feel tight or may not seat fully. This situation is normal and temporary.
- Keep retainers in your case when they are not in use or being cleaned
- Keep retainers away from pets; Dogs often chew or eat retainers
- If you lose or break your retainer, contact our office immediately as **new impressions** will need to be taken

Full-time wear of your retainers is required for one year. During the first year we will see you approximately three times to evaluate your bite. After the first year of retainer wear, we then will ask you to wear your retainers at nighttime only, indefinitely, as teeth tend to shift as you age.

Note: Long term studies have been done comparing people who have had orthodontics versus those who have not received treatment. The results of the aging process is the same both groups; the teeth tend to move and crowd forward. Thus we recommend some retainer wear indefinitely to maintain straight teeth.

As a reminder; your original financial contract includes the cost of this first set of retainers and one year of retainer checkups which are performed in our office. If further retainer checkups are necessary after one year, there will be a modest charge for office visits. **There is a replacement fee for lost or broken retainers, or if new retainers are needed because of additional dental work, bonding, implant or crown placement.**

Failure to wear your retainers as we ask may result in your teeth shifting and becoming crooked. In some instances, braces are needed again to correct the result of poor retainer wear. **Please contact our office if there is any reason you cannot wear your retainers.** Please wear your retainers as directed to maintain your straight teeth and beautiful smile!