

**DeWayne B. McCamish, D.D.S., M.S.**  
**Jeril R. Cooper IV, D.M.D.**  
**Kenneth C. Dyer IV, D.D.S., M.D.S.**

## **ABOUT RETAINERS**

Congratulations on your beautiful new orthodontic result! We hope you're ready to get started now with the last phase of orthodontic treatment - RETENTION.

Now that your braces have been removed, it's important that your teeth be held in their new positions while the bone and periodontal fibers remodel. We have given you a set of retainers made to fit your teeth and to hold them in place. We generally ask patients to wear their retainers 24 hours a day for at least one year before we will evaluate to reduce to night-time wear only. If you do not wear your retainers faithfully, your teeth will shift back toward their original positions. You have put too much time, effort and money into your orthodontic result to allow that to happen!

In asking you to wear your retainers 24 hours a day, we intend for you to wear them **all** the time, taking them out only to eat and brush your teeth. If you get in the habit of taking your retainers out to talk, not only will you be noncompliant with our 24-hour request but you will never learn to speak clearly with them in place. Be patient with the initial "getting-use-to" phase as it will usually require two to three days of continuous wear for your tongue and lips to adjust to their new positions. Practicing by reading out loud will speed up the process.

With proper care and treatment, your retainers will last many years. If you accidentally lose, break, melt, or bend your retainers, there will be a charge to repair or replace them. The current fee for a new retainer is \$225.00 per retainer. As stated in our original agreement, we will follow you in retainers for the next 2 years. After that we will be glad to see you as needed but there will be a per visit charge.

### **DON'T**

- wrap your retainers in a paper towel or in a napkin (easy to forget and throw away)
- leave on lunch tray or sitting out on table, kitchen cabinet, etc. (easy to throw away by accident)
- leave out on coffee table or bedside table where inside pet can get to it (dogs love to chew retainers)
- put in pants pocket (get crunched, get run through washer and dryer)
- put in shirt pocket (fall out when you bend over and crack or get crunched or lost)
- leave loose in purse or book bag (get crunched)
- leave in front seat or on dash of car in summer (heat of sun will warp)
- boil or put in hot water
- soak in alcohol, peroxide, bleach or mouthwash
- try to repair your retainer yourself (this could end up costing you more)
- soak in Efferdent or Polident (will cause solder joints to disintegrate)
- attempt to adjust your retainers yourself

### **DO**

- keep retainers in your retainer case when they're not in your mouth
- brush your retainers (carefully) with toothbrush and toothpaste daily
- soak in solution of 2 tablespoons vinegar in one cup water for 30 minutes to loosen buildup if needed
- bring in for us to clean in our ultrasonic for stubborn tartar deposits
- bring in pieces of broken retainers (you can save on the cost of repair if the retainer doesn't have to be completely remade)
- always bring your retainer with you for your appointment
- call us immediately if:
  - your retainers rub sores in your mouth
  - they get broken or lost
  - they do not fit
  - they cannot be worn for any reason
  - you notice your teeth shifting unfavorably