

YOUR BRACES ARE OFF!

You are now entering the final phase of your orthodontic treatment – *the Retention phase*. It takes 3-4 months for the bone to tighten, and even longer for the soft tissue to adapt. To help make this transition smooth, this is why your retainer will be so important.



Retainers need to be worn full time at first, except for brushing and eating. Once we have determined that the bone and soft tissue have adapted sufficiently, we will instruct you as to decreasing your retainer wear.



Clean your retainers after eating by rinsing them under cool water. Brush the inside around all the edges with your toothbrush and toothpaste every time you brush your teeth.



Never clean your retainer with hot water or store them in a hot place (like the car in the summer, curlers or straighteners) it may melt and change the shape of your retainer.



Store your retainers only in your retainer case. Napkins are the #1 way retainers are lost. Pockets are the #1 way retainers are broken.



If you lose or break your retainer, please call us immediately. New retainers are \$300 each.

Remember your teeth can relapse quickly in the first few months of your retainer wear.

So, be careful. You worked hard to get where you are now! Please wear your retainers to keep your smile beautiful and healthy for the rest of your life. And don't forget **Smile, Smile, Smile!**