



# Retainers

Retention is an important part of any braces or aligner treatment. After orthodontic treatment, your teeth will naturally want to shift back to their pre-treatment positions. Properly using a retainer will ensure that you enjoy the results of all your hard work for life.

Your retention fee is included in your braces/aligner treatment cost and includes the **initial set** of retainers and the follow up appointments for two years. At Coastal Orthodontics, we provide two types of retainers to retain your treatment results: CLEAR REMOVABLE RETAINERS and BONDED RETAINERS

## Clear retainers



A clear retainer is a thin, transparent plate made of plastic that looks similar to a clear aligner or mouthguard. The purpose of the

retainer is to discreetly help your teeth keep their post-treatment positions. These retainers are barely noticeable during wear. You can also remove them to eat or clean your teeth.

Directly after treatment, Dr Boardman or Dr Manek will most likely ask you to wear your clear retainer every night until your teeth have adjusted to their new alignment.

For best results, we recommend you wear your retainer for at least 12 hours to ensure proper tooth retention. After 2 years this wear can be reduced to NO LESS than twice / week.

## How to use and care for your clear retainer

It is your responsibility to wear your retainer enough to ensure the retainer stays comfortable. If the clear retainer is excessively tight when first put in each night and does not become comfortable soon afterwards, then it should be worn MORE than 12 hours a night. Continue this method, should you miss wearing it for 1 night.

When you are not wearing your retainer, you should keep it in the provided plastic container to minimize the risk of it being lost or broken.

Don't leave your retainers lying around where family pets can get to them (dogs LOVE to chew retainers!!).

It is important to keep your retainer out of warm or sunny places because the plastic can melt or distort. For the same reason, you should avoid drinking hot beverages while wearing your clear retainer.

To clean your clear retainer, simply brush it gently with your toothbrush and mild liquid soap (and a good rinse!). Do not boil, soak or vigorously brush your retainer. You may also clean your retainer using a retainer or denture cleaner such as steradent or polident. These are available from chemists.

You may notice some small holes on the biting surface of your clear retainer after prolonged usage. There is no need to be concerned about these holes as long as they do not hinder you from wearing your retainer.

Please contact us immediately if your retainer cracks, or if you lose it, so that we can arrange for a new retainer to be made for you. Any replacement retainers resulting from loss or damage will incur a fee.

■ We recommend you wear your retainers indefinitely to ensure your teeth stay straight. While your teeth will become more comfortable with their new positions over time, they will always be at risk for moving back out of alignment.

**\*PLEASE REMEMBER TO BRING YOUR RETAINER WITH YOU TO EVERY APPOINTMENT\***

## Bonded retainers



Bonded retainers are the wires placed behind your upper and lower six front teeth to keep them in the correct alignment after your orthodontic treatment. These retainers are permanently fixed to your teeth and are so small that you will likely forget they are even there after you become

accustomed to them.

## Caring for your bonded retainers

■ Keep the area behind your upper and lower front teeth clean with your toothbrush and toothpaste and by using your floss threader and floss or Superfloss.

■ A tartar control toothpaste (such as Colgate Total) may be useful in reducing tartar build-up in this area. Because the wire of your bonded retainer gives plaque an extra place to hide, it is particularly important to practice proper oral hygiene while wearing bonded retainers.

■ You should take care when eating hard or sticky foods, which could cause your bonded retainers to come loose.

■ If either retainer comes loose from your teeth, contact our office immediately to have it re-bonded. Please wear your clear retainer every night until we see you for a repair appointment.

■ If it comes completely away from your teeth, **please keep your wire safely** and bring it with you to the repair appointment. Any replacement wires resulting from loss or damage will incur a fee. Please wear your clear retainer every night until we see you for a repair appointment.

■ If you are able to keep the teeth and gums clean around your bonded retainers, we recommend you keep them on permanently, as your teeth will continue to move throughout your lifetime if you don't hold them in place.



### Retainer instructions discussed:

<input type="checkbox"/>	I have been given a retainer hand out with all the information on.
<input type="checkbox"/>	I know how many hours to wear my retainer
<input type="checkbox"/>	I know what to do if I miss a night of wearing my retainer
<input type="checkbox"/>	I understand not to eat/ drink in with my retainer in, except cold water
<input type="checkbox"/>	I know how to store my retainer to keep it clean, keep it away from dogs 🐕, and out of the heat so it does not change its shape (melt).
<input type="checkbox"/>	I know how to clean my retainer
<input type="checkbox"/>	I know NEVER to stop wearing my retainer
<input type="checkbox"/>	I know to bring my retainer to EVERY visit
<input type="checkbox"/>	I understand if I lose or break my removable retainer, I have to contact the practice immediately so an appointment can be made to make a new retainer.
<input type="checkbox"/>	I understand a replacement removable retainer will incur a fee
<input type="checkbox"/>	I understand what my fixed retaining wires are
<input type="checkbox"/>	I know what things to avoid to prevent breaking the glue keeping the wires on my teeth.
<input type="checkbox"/>	I have been shown how to floss my teeth around my retainers.

<input type="checkbox"/>	I have not been shown how to floss around retainers because my gums are too swollen. I will be shown at my 1st retainer check.
<input type="checkbox"/>	I understand I should floss my teeth every day
<input type="checkbox"/>	I know if the glue breaks or my retaining wire feels loose, I should contact the practice so an appointment can be made to assess it. I understand my teeth will not move if I am wearing my retainer every night
<input type="checkbox"/>	I know if my retaining wire comes away from my teeth completely to keep the retaining wire and bring it with me to my next appointment. I understand my teeth should not move if I am wearing my retainer every night
<input type="checkbox"/>	I understand that if it is 2 years since I finished my treatment and my wire becomes loose, I should go back to wearing my removable retainer every night.

Name: .....

Signature: .....

Date: .....