

Comprehensive Dentistry

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WEARING YOUR RETAINERS

How Do My Retainers Work?

Your retainers are designed to hold your teeth in their new, corrected position, protecting the smile you have worked so hard to achieve. Failure to wear them as instructed may result in relapse (shifting). Teeth that have been rotated may move back toward their former positions unless retainers are properly worn. If your retainer is lost or broken, please contact our office for an appointment to have a replacement made A.S.A.P. Teeth can shift quickly without retention.

When should I wear my retainers?

Retainers should be worn 24 hours a day for the first 12 weeks. They should only be removed to eat and when brushing teeth. Make sure you always have your retainer case with you to store them while they are out of your mouth. Always wear your retainers to our office so that we can check their fit. We will notify you when you can switch to wearing them only at night while sleeping. Teeth tend to shift throughout life so retainers need to be worn indefinitely.

How do I clean my retainer?

Brush your retainers every time you brush your teeth (3x a day). Scrub the plastic and wires, top and bottom, inside and out. Soaking them in a denture cleaner every so often will keep them smelling fresh.

What if I lose or break my retainer?

When you take retainers out, DO NOT wrap them in a napkin or put them in your pocket!! Place the retainers in their case and put the case somewhere safe. Keep away from pets. Don't flip the retainer with your tongue. This could damage your teeth and your retainer. Remember your retainers are plastic, if they are left in high temperatures, hot car, windowsill, etc., and they will melt and will not fit any more. Replacement retainers Cost \$175.00 each.

How long do I have to wear my retainer?

Retainers should be worn for as long as you want straight teeth. It is important to always have a retainer that fits properly. We will continue to monitor your retention over the next year. Will see you after 3 months and again after 9 months. At these appointments it is important to bring your retainers with you to ensure your retainers are fitting properly.

