



dobie+rollins
orthodontics

Retainer Instructions

Congratulations on your new smile! Now let's make sure we keep that smile looking great for years to come. Please read this page and sign and date below.

REMOVABLE RETAINERS

- Removable retainers must be worn all the time at the end of treatment to prevent your teeth from shifting. Usually you will wear them **FULL TIME for 3 months** (unless we specify otherwise). During this time only remove it for eating, drinking or brushing your teeth. The only safe thing to drink with the retainer in your mouth is cold water. When removing the retainers, always use **BOTH HANDS** and start from the back. After 3 months of full time wear, you will transition into wearing the retainer to bed only.
- Removable retainers **MUST BE CLEANED DAILY** with COLD WATER and a TOOTHBRUSH. Be careful not to squeeze the retainer too tightly during cleaning because they can break! Never use hot water to clean them because this can distort the retainer. To help clean it thoroughly you can brush with any of the following: mild dish soap, non-abrasive non-whitening toothpaste, a mixture of ½ water and ½ baking soda, or mouthwash. Soaking them for 20 minutes in a denture cleaner is also okay, but always brush and rinse them afterwards.
- Removable retainers are **VERY EASY TO LOSE!** Whenever they are not in your mouth, they **MUST BE IN A RETAINER CASE** – Retainers should be **"IN YOUR FACE OR IN YOUR CASE!"** NEVER put your retainer in a napkin, paper towel, tissue, or anything disposable when you go to eat. You **THINK** you'll remember to take it out of that napkin, but you might **NOT!** Never keep your retainer in your pocket without a case because it can break easily, and please keep it away from pets! These retainers usually cost **\$160 – \$275** each to replace. If a retainer is lost or broken please contact the office ASAP to have another one made. A new mold of your teeth will be required because the mold of your teeth gets damaged during the fabrication of your retainer.

FIXED LINGUAL RETAINERS

- Fixed retainers consist of a small wire attached to the inside of your front teeth (usually only your lower teeth). This wire is there to prevent your teeth from shifting, but sometimes it **CAN BECOME LOOSE**. If this occurs, the wire/adhesive separates from the tooth and can sometimes cause irritation to the tongue. Usually this happens when biting into really crunchy foods. Please call the office ASAP if your retainer is loose so that it can be repaired before any teeth shift and **ALWAYS SAVE THE WIRE!** Repairs/replacements usually cost **\$60 – \$240**.
- Fixed retainers are more difficult to floss behind, but you must still **FLOSS DAILY** around/behind them, or at least tooth-pick between the teeth to prevent tartar buildup. You **MUST** also see your dental hygienist regularly (at least once per year, preferably twice) if you wish to keep this type of retainer for an extended period of time.
- Fixed retainers **SHOULD NOT BE KEPT FOREVER**. Even though many people call them permanent retainers, you should not keep them for longer than 7 – 10 years. If you are not seeing your hygienist every year then they should be removed sooner. If you do keep it well into adulthood (>age 24), you could develop periodontal (gum) disease or cavities under the wire, causing tooth/gum damage or even tooth loss! If you move out of town or leave our care without us removing it, you are accepting responsibility for any future damage.

Thanks again so very much for letting us be a part of your smile and don't forget retention lasts forever!