



RETAINERS

Congratulations and SMILE! You have completed your active phase of treatment, and we're proud of you!

IN GENERAL:

- Dogs love retainers, and retainers are expensive chew toys. They will even chew through your retainer box, so store these in a drawer or up high.
- Use the provided retainer box when you remove them to avoid loss/breakage.
- Wrapping them in napkins can mean throwing them away accidentally. Stuffing them in your pocket or bag can distort them as well.
- Each removable retainer costs \$350 to replace. Please be very careful! Repair charges can also apply.
- If a sharp spot develops, you may use a clean nail file to buff it, but please do not use scissors to trim it.
- Brush your retainers with a clean toothbrush and *cold* water. Warm/hot temperatures can distort the retainers.
- If your wisdom teeth are being extracted, please resume wearing them the *same* day. Teeth can shift without retainers even when wisdom teeth are gone.
- Retainers are forever to ensure stability of your correction.
- Due to wear and tear your retainers will need to be replaced at some point. If they start to feel loose or ill fitting call the office for an evaluation.
- If you need us, please call us and bring in *all* retainers for evaluation. Retainer checks are complimentary!

FIRST RETAINERS (Essix, 1 set):

- These are worn full time (24/7) until your next retainer delivery appointment.
- Remove them for eating, brushing, and wearing a mouthguard. These retainers are not mouthguards or nightguards.
- Common adjustments to these retainers include minor speech affect, and not being able to close the teeth together. Keep wearing your retainers in order to adjust quicker.
- Loosening of the retainers will occur over the next few weeks as your gums tighten up, but this will not affect the retainers to hold tooth position.
- Once your new retainers arrive, clean these well and store them as your backup retainers.
- DO NOT THROW THEM AWAY.

FINAL RETAINERS (Luxe, 1 set):

- These retainers are custom fit to your digital model. Now you have 2 sets of retainers!
- These are worn 8-10 hours/night, every night, unless otherwise instructed.
- Use the provided retainer box to store them. Follow the same cleaning instructions as below.
- When the first set of Luxe retainers starts to feel loose or ill fitting move on to your second pair. Timing will be different for all patients. If you are unsure if you should switch please call the office.
- If you lose or break them, and your teeth are relatively well aligned, call us immediately, and we can order replacements (fees apply) from your digital file! A virtual consultation may be requested if there are concerns about your alignment. Send images to amherstortho100@gmail.com

OTHER RETAINER OPTIONS:

- You can request a rigid nightguard to replace the upper retainer if you clench or grind your teeth. This will protect your enamel and can relax your jaw muscles. Additional charges apply.
- Fixed (bonded wire) retainers are also an option if you have a stubborn tooth that remembers its old position. There are muscle and bite forces on the teeth, and/or you may have less biological support for certain teeth. You can also elect this retainer if you are worried that you will not keep up with the removable retainers. These are glued behind the front teeth and are semi-permanent. Daily flossing and avoiding hard fruits with your front teeth is advised with this retainer. If these retainers are removed by your dental professional, they should be replaced with a removable retainer.

RETAINER FAQ'S:

Q: Why do our teeth want to move?

A: Bones are always changing, more so in growing patients (up to age 25!) and those who have weaker gum support. We also use our teeth to eat, and sometimes we have habits like grinding.

Q: Will wisdom teeth cause shifting?

A: Not if you are wearing retainers. Even when wisdom teeth are removed, retainers must be worn to counteract the daily forces placed on our teeth.

Q: Can I use my clear retainers as a mouthguard?

A: No, please resume wearing a "boil and bite" mouthguard for proper sports injury prevention.

Q: Can I use my clear retainers as bleaching trays?

A: Please consult your dentist about custom bleaching after your next cleaning.

Q: Will I need to wear retainers every single night forever?

A: Routine daily wear is advised. To maximize your wear time, please start after dinner on. Each person will have a different biology and bite forces. If you find it is too difficult to stick with a routine, consider switching to a fixed retainer (see above). Retainers like "eyeglasses for your teeth." If you had vision correction, you wouldn't stop wearing your glasses. You just finished bite correction, please wear your retainers!

We take this phase of treatment very seriously and want you to know we are here to support your ongoing success and beautiful result. Please call us if you need help. Retainer checks are complimentary.