



## INFORMATION ABOUT YOUR WIRE/ACRYLIC RETAINERS

Congratulations upon the successful completion of the active phase of your orthodontic treatment! You have now entered the equally important phase of your treatment known as "RETENTION."

Since the tissues and teeth have not completely adjusted to the new and correct positions, it will be necessary to wear upper and lower retainers full time for one year (unless otherwise directed by the Doctor), then permanently while sleeping at night, as teeth will always move when retainers are not worn.

Retainers should be removed for brushing and flossing, eating meals, swimming and contact sports. The retainers can only be lost or broken if they're outside the mouth, so please be sure they are handled carefully. Always use your fingers to place your retainers in your mouth; do not bite them into place. In addition, if they are left out of the mouth more than 24 hours, they may not fit due to tooth movement (called, relapse). If our attempt to refit them is unsuccessful, new retainers will have to be made, at the retainer fee current at the time they are needed

The prevention of decay and periodontal disease will continue to require good oral hygiene, which includes thorough brushing with fluoride toothpaste and daily flossing. A diet that is low in refined carbohydrates (sugar) is still helpful. Clean your retainers with toothbrush and toothpaste when you brush your teeth. You may soak them in your favorite mouthwash. We also recommend soaking periodically in Retainer Brite, which can be purchased at [www.dentakit.com](http://www.dentakit.com) or [www.smileshop.com/keller](http://www.smileshop.com/keller), or by calling 1-877-552-7483.

Patients who have invested the time, effort and finances that orthodontics requires are usually very conscientious about maintaining optimum oral health. However, if any problems occur, we are always available to you. If your retainer begins to fit improperly, go back to full-time wear and call us immediately at (504) 347-6000.

It is a pleasure having you for a patient, and we look forward to seeing you during the retention period. If you have any questions, don't hesitate to ask.

## KEYS TO ORTHODONTIC RETENTION

1) Responsibility -- We now know that growth continues for our entire life, and so retainers are a long-term responsibility. After your braces are removed, your retainers are the only guarantee that your teeth will stay where the braces have moved them. Remove them only to eat, brush and floss, swim, and play contact sports.

2) Duration -- Post-treatment result are maintained by PERMANENT RETENTION. Your teeth WILL MOVE unless retainers are worn consistently. Retainers should be worn full time for one year and thereafter every single night.

3) Call us immediately if you lose or damage your retainer so we can arrange to have a new one made.

4) Backup -- if your have an elastic positioner, this is your backup. Please keep your positioner in case you break or lose your retainer. Call us immediately so we can arrange to have your new retainer made. You will need to wear the positioner appliance until new retainers can be delivered to you.

REMEMBER, WITHOUT RETENTION, YOUR TEETH WILL MOVE!

Printed Patient's Name \_\_\_\_\_

Patient's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_ Witness \_\_\_\_\_