



KEYS TO ORTHODONTIC RETENTION

Responsibility

Research has proven that certain areas of facial growth continue throughout our entire lives. More importantly, ligaments between the teeth, gums and bone always “try to pull” the teeth back toward the positions they were in, prior to orthodontic treatment—this is called “orthodontic relapse.” Therefore, retainers are a (very) long-term responsibility. After your braces are removed, your retainers are the only chance for your teeth to stay where the braces have placed them. We certainly don’t want to see you incur additional expense to re-correct orthodontic problems that happen due to non-compliance with retainer wear.

Duration

Post-orthodontic treatment results are maintained by lifetime retention. Your teeth **WILL MOVE** unless retainers are worn as directed. Daytime retainers, if provided, should be worn daily; only remove retainers to eat, brush and floss. Nighttime retainers should be worn every night. Retainers should be checked periodically for signs of damage.

Backup

For teenagers and adults, we typically supply a backup retainer, such as the daytime Essix retainers to be used as nighttime “backup” retainers, in case the nighttime retainers need to be repaired or remade. (An exception is in the case of bonded lingual retainers.)

Call us **IMMEDIATELY** if a retainer is lost or damaged, so that we can arrange to have it repaired or remade. **REMEMBER, WITHOUT RETENTION, YOUR TEETH WILL MOVE!**

I understand the above and agree to the long-term responsibility of retainer wear and maintenance.

Patient’s Printed Name

Date

Patient’s Signature

Parent/Guardian’s Printed Name

Parent/Guardian’s Signature

Dr.’s Signature